Wind (Feng) ‘s Important Pointers on
“**Lester Levenson (The Sedona Method) “** &
“**Lester Levenson (The Sedona Method) Six Steps** “.

For permanent shift in Consciousness – attaining (i.e. remembering) Spiritual Enlightenment / Freedom / Awakening (“Being your Beingness “ - “Simply Be” - “Beingness”) .

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Source URL (original in Chinese Language cn):
https://github.com/deng-bowen/6steps_trancript

Background on Wind (Feng 风 in Chinese **) :**

In China (population : 1.4 billion people) , the TSM (The Sedona Method Release Technique) and Lester Levenson (The Sedona Method) (1909-1984) are wildly popular , because it is free, simple, requires no belief system, no external authority/guru or teacher.

As of February 2026, it appears that Lester Levenson (The Sedona Method) and TSM (The Sedona Method) is more popular in China, than in the rest of the entire world combined.

Wind (Feng 风 in Chinese) 's personal direct awakening experience of inner freedom , is one important historical factor (Wind's chat logs document) that catalyzes the popularity of Lester Levenson (The Sedona Method) and TSM (The Sedona Method) among Chinese spiritual seekers. Wind (Feng) never charges any fee or money in sharing his experience.

Wind (Feng) : his commentary and interpretation of each of the Lester Levenson (The Sedona Method) Six Steps to Freedom, as reflected in his discussions, explanations, and guidance within the WeChat (Weixin) groups (" Shortcuts to Freedom " and "The Sedona Method Liberation Release Diamond Island) . [PS. Not sure , if this is the correct name of the WeChat (Weixin) chat groups , this is what Google Translate provided]

In the Chinese speaking community, there is this person with the ID **"Wind" / “Feng” (**風 **in**

Chinese / 风 in Chinese) who claimed to have experienced total freedom (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind applied the following pointers:

* 1992 Original Sedona Method
https://archive.org/details/sedona-method-1992-audiobook

* Lester Levenson (The Sedona Method) Levenson's the Way Lecture
https://archive.org/details/lester-levenson-magnum-opus

* The key is, according to Wind/Feng: have a burning desire for Beingness (Freedom) , follow 24/7 the Original Lester Levenson (The Sedona Method) 6-steps for Freedom , as a form of constant reminder to release both any repressed negative feeling and positive feeling (as well) . All intellectual understanding or discourse is an obstacle and hindrance toward Freedom (Beingness), not a help.

Lester Levenson (The Sedona Method) (Original 1992 Sedona Method) 6-steps to Freedom
Six Steps to Freedom

*Note: Content begins on **Page 6, after Table of Contents.***

Lester Levenson (The Sedona Method) (Original 1992 Sedona Method) Golden 6-steps to Freedom

The golden key is the "Six Steps" Lester Levenson (The Sedona Method) wrote as follows:

1. You must want freedom more than you want control or approval (the world).
2. Make the decision to be free and release the feeling.
3. See that all your feelings culminate in three feeling of wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the underlying tension-feeling: want of approval, the want to control and the want of security.
4. Release constantly every moment. Release all your wanting approval, wanting to control and wanting security when alone or with people.
5. If you are stuck, let go of wanting to control or change the stuckness.
6. Each time you use the Release Method, you are lighter and happier. If you do this continually, you will continually be lighter, freer, and happier, and more at peace.

I am writing this summary from the provided PDF transcripts (2020.09–2021.08), to document general approach of Wind Feng's (风 in Chinese) detailed account and commentary (following " **Lester Levenson (The Sedona Method) -- Six Steps** ") on how Wind (Feng) arrived at the state of abiding peace and freedom—what he identifies as **Nirvikalpa Samadhi** or the **complete fulfillment of Step 1 of Lester Levenson's Six Steps**.

🧭 The Core Realization: "Complete Fulfillment of Step 1 = Nirvikalpa Samadhi"

Wind consistently equates **fully achieving Step 1** ("Want freedom more than anything else") with entering **Nirvikalpa Samadhi**—a permanent, irreversible shift in orientation where every subsequent choice naturally moves toward freedom. He explicitly states: "Nirvikalpa Samadhi in the Six Steps is simply the complete fulfillment of Step 1. After that, your every choice, decision, and action naturally turns toward freedom because the seeds of worldly desire no longer function."

This is not a temporary peak experience but a **fundamental reorientation of life's direction**—what Buddhism calls *Sotāpanna* (Stream-Entry).

📅 The Timeline and Process

Phase 1: Early Practice (2014–2019)

- Wind began practicing the Sedona Method around **2014**, but initially used distorted versions from books by Hale Dwoskin and Larry Crane.
- His practice of The Sedona Method Release Technique was **intermittent and ineffective**: "I released for six years (2014-2019) , on and off, constantly regressing."
- Wind accumulated vast theoretical knowledge (Buddhism, philosophy, theology) but found it **useless without direct release**.

Phase 2: Encounter with Original Teachings (Early 2020)

- In early 2020, Wind discovered Lester Levenson's **original 1992 course videos** and the **"The Way" audio series**.
- He realized that later interpretations had **diluted or altered** the method -- for having a happy successful life , etc - which in itself is nice but does not lead to TRUE FREEDOM.
- Wind committed to **strict adherence to the Six Steps as Lester originally taught them**.

Phase 3: Intensive Release Retreat (October 2020)

- Wind entered a **one-week intensive release retreat**.
- He did **not sit in passive meditation** but actively **released continuously** while testing goals:

"I listed things I wanted to achieve, then just kept releasing. Most of them happened. But more importantly, after each release, I felt higher—more joyful, lighter, freer."

- He used **Step 6 as constant feedback**: "If I didn't feel more free after a release, I knew I wasn't doing it right."
- When stuck, he applied **Step 5**: "I'd notice my wanting to change the stuckness—and release *that* wanting."

Phase 4: The Breakthrough (~Day 5–7 of Retreat)

- After several days of **continuous releasing**, a profound shift occurred:

"I directly *knew* that **all joy comes only from within**—from the quieting of the mind and the revealing of Infinite Being. The world offers nothing but suffering."

- This insight matched **Buddhist "seeing dukkha and its cause"** (*dukkha-sacca*, *samudaya-sacca*).

- At that moment, his **life's direction permanently reversed**: "My every next decision—automatically, effortlessly—moved toward freedom. I could no longer choose the world, even if I tried."

He later recognized this as **Nirvikalpa Samadhi** (as described by Yogananda) and **Stream-Entry** (as described in the Āgamas/Pali Canon).

🔑 Key Practices That Led to Enlightenment of Wind (Feng)

1. **Exclusive Use of the Lester Levenson Six Steps**

   Wind abandoned all other methods, affirming:

"The Six Steps are the complete map. You don't need anything else. Adding anything slows you down."

2. **Relentless Application of Step 6 (Gains)**

   He used the **joy, lightness, and freedom after each release** as proof of correct practice:

"Step 6 isn't optional—it's the engine. The Momentum proves release works, which fuels more release, which strengthens Step 1."

3. **Using Goals to Validate "Get Everything by Releasing Only"**

   Wind (Feng) tested Lester's promise by releasing to achieve worldly goals (e.g., passing exams, improving relationships). Success proved that **release—not effort—delivers results**, reinforcing his trust in the method.

4. **Immediate Handling of Stuckness via Step 5**

   Whenever resistance arose, he didn't analyze it—he released **the desire (wanting) to change the resistance itself**.

5. **No Stopping ("There Is No Stop in the Six Steps")**

   He emphasized **continuity**:

“After my first week in 2014, I stopped for six months—and all progress vanished. Never stop until you’re free.”

🌟 The State of Abiding Peace and Freedom

After the breakthrough, Wind describes his state as:

- **Imperturbability**: “Nothing can disturb me. Not people, events, or thoughts.”
- **Automatic Release**: “Releases happen like waves—feelings float up and out without effort.”
- **Freedom from Worldly Pull**: “I see the world clearly as *miserable*. No attraction remains.”
- **Constant Contact with Infinite Being**: “I frequently enter Samadhi. Each time, more desires drop away.”
- **Irreversibility**: “Once Step 1 is fully done, you cannot fall back. The seed of worldly desire is dead.”

Wind (Feng) clarifies this is **not emotional numbness** but **pure, unshakable presence**—what Lester Levenson (The Sedona Method) called **“ imperturbability --freedom beyond happiness.”**

💬 Wind (Feng)'s Final Advice on Six Steps

“You don’t need my story. You have Lester Levenson’s Six Steps.

Just **do them—exactly, continuously, without adding anything**.

One month of true practice can bring you to Nirvikalpa Samadhi.

If you’re not free in 1–2 months, you’re not in the Six Steps.

Stay in them—and freedom is guaranteed.”

In essence, Wind (Feng) attributes his enlightenment solely to the faithful, uncompromising application of Lester Levenson’s original Six Steps (The simplest 1992 Sedona Method version) —nothing more, nothing less.

Wind -- Part 1

WeChat Official Account: The Shortcut to Freedom

WeChat Official Account: The Shortcut to Freedom
How can I quickly and experienceably achieve the first step?

How can I quickly and empirically achieve the first step?
2021-09-25 Backup source for Free Shortcut

Tiancheng:
How can the wind quickly and empirically achieve the first step?

Wind (Feng 风) :
Implement the six steps of Lester Levenson (The Sedona Method) Levenson.

Wind (Feng 风) :
The sixth step is the easiest to overlook out of the six steps.

Wind (Feng 风) :
But the sixth step is the key to achieving the first step.

Wind (Feng 风) :
Because you are actually seeking happiness in the world at an experiential level.

Wind (Feng 风) :
So you must put into practice Lester Levenson (The Sedona Method) 's favorite teaching.

Wind (Feng 风) :
get everything by releasing only

Wind (Feng 风) :
Every time you want something, you achieve it by releasing it.

Wind (Feng 风) :
This gain will make you want to release it even more.

Wind (Feng 风) :
Continuously confirming your gain will allow you to continuously release [the energy/rewards].

Wind (Feng 风) :
You're still unhappy even when you see your goals being achieved one by one.

Wind (Feng 风) :
You will then 'discover' on an experiential level that nothing can bring you happiness at all.

Wind (Feng 风) :
Immediately, you will realize the only source of happiness.

Wind (Feng 风) :
At this point, a change in flow direction will immediately occur.

Wind (Feng 风) :
A complete change in the flow of life

Wind (Feng 风) :
You've completely changed your direction.

Wind (Feng 风) :
This completes the first step.

Wind (Feng 风) :
Wanting freedom more than wanting the world

Wind (Feng 风) :
Then, just as Lester Levenson (The Sedona Method) said, they will keep falling into the last five steps.

Related content links:
Lester Levenson (The Sedona Method) 's favorite and most practical teaching: Everything is gained simply through liberation.

Wind's Talk on the "Six Steps" (Part 1) 2020.10.18
A Shortcut to Freedom (March 3, 2021, 8:43 AM) (Date of conversation: October 18, 2020)

Wind (Feng 风) :

I've decided to pursue freedom, and I'm going to do it. This decision became crystal clear yesterday when I was released. My current state is something my past self could never have imagined, but I know it's not the end yet.

I spend over 70-80% of my time operating at the level of "knowing." Just "knowing," without needing to mobilize any "knowledge" or "beliefs." My mental activity is much, much less than before.

I saw in Lester Levenson (The Sedona Method) 's words, "All happiness comes from within." When we try to find happiness in the world, we create a sense of scarcity, which drives many feelings and thoughts.

What we call finding happiness in the world is really just a temporary calming / queiting of the mind by telling ourselves, "I have achieved my goal."

A peaceful mind equals happiness. Because the only source of happiness is existence itself, and the mind is the only cover over infinite existence.

Go do it, I know. Freedom will be within months or weeks. This time it's not "I believe," but "I know," and I see the whole picture clearly.

You can do it by following these six steps: Allow yourself to become aware of it, and let it go.

"Lester Levenson (The Sedona Method) Levenson: Our basic philosophy is very simple, that is, each of us is unlimited except for those we keep psychologically."

Once you release your psychological constraints and limitations, you discover that we have always been limitless. We have always been omnipotent, omniscient, and perfect because our fundamental nature is perfect, and we cannot change it. Except for constantly turning our heads to look elsewhere, "It's there, it's there," "Who am I, who am I," like a drunken man trying to discover who we are and what we are.

Then, a part of us—we call it the mind—blinds us, preventing us from seeing that our unlimited existence is inherent and natural. The mind, 24 hours a day, unconsciously searches for absolute safety in the external world, but it's not there. So everyone unconsciously occupies 24 hours each day in the wrong direction, searching for where we are, who I am, what we are, where our safety lies—a 100% hopeless and frustrating direction.

If your fundamental nature is whole, complete, and eternal, why do you spend so much time every day struggling for survival? A nicer way to put it is ignorance, but my real advice is that any intelligent person would say, "My God, if I knew that, I would become it immediately."

Becoming who you are takes no time. Becoming who you are requires zero effort. But becoming who you are not, becoming limited, takes endless, strenuous struggle, unhappiness, and frustration.

Now, all of you have heard what I have said. How many wise people in this room have let go of the struggle and simply allowed their infinite existence to exist? In that case, you would have an effortless, utterly joyful life in every moment. How many of us have done this? You choose to suffer, you choose to do the most foolish things in my eyes. If you can have anything with just a thought, what is the point of all this struggle?

I call you foolish because it might help you. Is there anyone here who doesn't want to be smarter? So, be smart! If you need the world, operate it effortlessly with your thoughts, allow it to fall onto your knees, and let go of all your pain.

It's simple, it's easy, it's quick—if you do it. If you don't, it's complex, extremely difficult to reach, frustrating, and painful.

But the choice is yours. You can be who you are now, whole, complete, perfect, or you can choose to look elsewhere, 24 hours a day. So what will we do? In the next one or two months. Will we choose to be smart, or will we choose to be foolish?

I'll give you the answer, and I hope I'm wrong: I think you'll choose stupidity. But I can't figure out why you'll choose stupidity. Because the first thing I realized in my search for the answer was that I was stupid. I've said it more than once, I've said, "Lester Levenson (The Sedona Method) Levenson, you're so stupid! Stupid! Stupid! Stupid!" three times. I'm serious.

So, you hear me talk about stupidity, and I don't want to be stupid; that was the key to changing my direction. The next thing, of course, was to look in the right direction. I realized that what I had spent forty years trying to find out on the outside wasn't there. It was at the very bottom.

So only one direction remained: inward. What am I? What is the world? What is my relationship with it? What are these questions about? After I asked them, the answers came.

After everything is finished, I can see my steps. I've packaged it into this method, which is a very effective technique, but you only use it partially and minimally, not completely and to the maximum extent. If you use it to the maximum extent, it will only take you a few months, and then you will no longer feel oppressed.

The only thing standing between you and your ultimate existence is your repressed feelings. So, rightly so, make the decision, stop being foolish, become wise, and release all these repressed feelings. Within one to two months.

I don't think I could give you any better revelation than this. I could say you could do it in a century or two, but why not now? You are infinite right now, so why not just let them go? Release all the obscurations; they are all in your feelings.

Is there anything wrong with what I said? I have said everything I had to say.

You can read this repeatedly to inspire yourself.

classmate:
Should we wait until we've released all our desires—the desire for recognition and the desire for control—and then wait for the survival instinct to surface naturally before taking action?

Wind (Feng 风) :
If you can become aware of it, then release it. If you can't become aware of it, your "desire to become aware" is a desire to control. Release it, and you will become aware.

The desire for acceptance is the reason for control; the desire for survival is the reason for acceptance. Later in the process of release, the desire for survival (the fear of death) becomes quite evident. And this is my primary target for release now. The desire for control and acceptance that precedes it has been cleared away to a very small extent.

Saying it will be "released later" might sound like something very far in the future, but it's actually just a continuous release lasting one or two weeks. Don't extend it to the unit of "years," because it doesn't need to.

I've gone into seclusion to release my pent-up emotions. This time, I have only one goal: freedom.

classmate:
Why couldn't I release my desire to control and change things yesterday? It felt so difficult to do this release on its own.

Wind (Feng 风) :
Finally, regarding this question, let me answer it. It's actually very simple. You just need to remember these six steps. Keep them with you. You can pick them up and refer to them anytime.

You habitually use control to do things, including when you release; this habit operates on you as well. And this is where you're neglecting step six: "Every time you release, you become more and more relaxed, joyful, and free." You do it with effort. That's wrong.

classmate:
Yes, I release intentionally. I release very forcefully each time.

Wind (Feng 风) :
Your understanding is flawed. The "purpose" isn't the problem; the problem lies in not conforming to the six steps. Let me explain further.

When the process says "allow yourself to be aware," it doesn't mean you have to forcefully dig, but rather that you are aware of something in this moment without doing anything. There's no need for effort or control. Why doesn't the course teach you "how to be aware"? Because "how" involves mental effort.

For example, ask yourself if you want control or approval right now. You'll immediately realize it. If you can't, then you want to control. Wanting things to go your way is wanting control. It's very simple.

So, let me repeat: remember these six steps. Keep them close at hand and refer to them whenever you have a chance. Any questions you may have can be answered within these six steps.

I can explain it step by step.

The first step is "You must want freedom more than you want control and approval." Wanting control and approval is a way of limiting your feelings. But sometimes we're that foolish. We'd rather have restrictions than freedom. Sometimes you get stuck precisely because you're unwilling to let go of them. Just want it. When you realize that wanting control and approval limits you, you'll want freedom even more. So the six steps don't really need explanation. It's just the simple literal meaning.

The second step is to make a free decision. A decision is a decision. Because you want freedom, you decide to do it.

The third step is that all your feelings are driven by a desire for control and acceptance. You are constantly experiencing these feelings, and the entire world you perceive is designed for control and acceptance. You are on guard 24/7, trying to prevent the fear of death from surfaceing. This defense mechanism is based on the desire for control and acceptance.

The fourth step is continuous release. "Continuous" simply means continuous. You do it the first time, then you can do it a second, a third, a fourth… until you finally achieve freedom. Lester Levenson (The Sedona Method) said, "There is no stop in the six steps." There isn't a "stop" in the six steps. "Continuous" simply means continuous.

The fifth step is the one you'll likely use the most at first, because you'll often get stuck. But getting stuck is simply because you want to control it. The only reason you get stuck is because you want to control what's happening. It's that simple. Release this desire to control what's happening, and the feeling of being stuck will immediately turn into smoothness.

The sixth step, and the one we most easily overlook, involves releasing yourself. Each release makes you feel freer, which can be described as easy and enjoyable, but ultimately it's about freedom. The motivation from these experiences strengthens your desire for freedom from the first step. As Lester Levenson (The Sedona Method) said, "If you do the first step thoroughly, you will naturally follow the next five steps." If you do the first step thoroughly, you will have no obstacles left.

OK, here are the six steps. Keep them with you and they will greatly accelerate your release.

classmate:
Getting what you want by releasing it—isn't that control?

Wind (Feng 风) :
Control is a good thing, but wanting to control is not. Wanting equals lack. Wanting to control is a feeling of lack regarding control.

classmate:
Does each release require repeating all six steps, including the first two, or is it sufficient to only perform the release process?

Wind (Feng 风) :
All you need to do is use the release process. If you're not releasing, use the six steps to remind yourself. If you are releasing, just keep releasing. I'm going to continue releasing now, keep it up!

Wind's Talk on the "Six Steps" (Part Two) 2020.12.02
A Shortcut to Freedom (2021-03-04 08:01)

Date of conversation: December 2, 2020

classmate:
Teacher Feng, is it necessary to reach the first step in the six steps first? But I don't know how to achieve it. Can the order of the six steps be reversed?

Wind (Feng 风) :
The six steps are achieved through continuous release. You must continuously derive pleasure from the sixth step to reach the first step.

Initially, all six steps are helpful. When you don't want to release, remind yourself of the first step. Then, decide to release—that's the second step.

The third step is to directly release the desire for control and recognition. The fourth step is to continue releasing and maintain this desire.

When stuck, release the desire to control the stuck state; this is the fifth step. Each release should feel more pleasant and easier; this is the sixth step.

By consistently following these six steps, you will gradually increase your motivation for freedom, thereby achieving the first step in a comprehensive manner.

classmate:
I think that as long as you release the tension, these six steps will happen naturally, just like breathing. You don't need to remind yourself. Am I right in understanding this?

Wind (Feng 风) :
It's important to note that the six steps are easily forgotten. If you're not following any of the six steps, you're not continuously releasing the virus; conversely, if you are truly continuously releasing the virus, you will definitely be following the six steps.

classmate:
Releasing continuously doesn't necessarily mean continuous release. If you get stuck using step five, you're still continuously releasing, right?

Wind (Feng 风) :
If you get stuck, use step five, which is also a continuous release process. If you get stuck and remain stuck, then it's not a continuous release process.

classmate:
When I don't want to let go, reminding myself of the first step doesn't really make me feel anything. Instead, it reminds me that I want to change myself and want everything to get better, which motivates me more.

Wind (Feng 风) :
That works too; letting go can make you more free. Freedom encompasses everything. All you need is the motivation to let go.

The desire for recognition leads to a desire for control. Once you feel the desire for recognition, you need to release it. Releasing the desire for control makes the desire for recognition more apparent. Releasing enough of both the desire for recognition and the desire for control makes the desire for security more apparent.

If you don't release the desire for security, the desire for recognition and control will only grow back, and this cycle will continue endlessly. Therefore, only by continuously releasing the desire for control and recognition, and then continuously releasing the desire for security, can you reach the end.

By following these six steps, everyone can achieve freedom.

classmate:
If you keep releasing, and stay within the six steps, you will eventually reach freedom.

Wind (Feng 风) :
Yes.

classmate:
As long as it's within the six steps, it's a continuous release. Can it be understood in this way?

Wind (Feng 风) :
Yes, use a six-step test. As long as you're within those six steps, you're free.

Wind's Talk on the "Six Steps" (Part 3) 2020.11.17
A Shortcut to Freedom (March 5, 2021, 9:19 AM; Date of Talk: November 17, 2020)

Wind (Feng 风) :
Follow these six steps. Begin with these six steps, and end with these six steps. Use your gain to confirm your direction.

It's not good to make continuous releasing a "task." Continuous releasing is beneficial because each release has its advantages, as mentioned in step six; each release makes things easier and happier. You feel good, so keep releasing.

If you just force yourself to release, you'll stop; you won't be able to continue because you're suppressing your desires for the world.

My method is to constantly confirm my gains and my direction.

For example, she was about to listen to music. What did she want to get from the music? Could she get that from the release? Could she try it?

Continuously acknowledging your gains can help you maintain a state of continuous release.

If you say, "I can do it, I must release, I can't listen to music," it won't work because one direction in your subconscious is towards listening to music, which you've suppressed. Your conscious and subconscious minds are in a tug-of-war, and if you don't look at it, it won't succeed.

You don't actually need to enjoy anything. Be joyful!

Write down the possibilities that you think can bring happiness, and where you think happiness can be found, not rationally, but in the places where you actually seek happiness.

If you suppress these desires, you can't take the first step. You can force yourself to do homework and work, but you can't force yourself to release them.

Let me elaborate on Lester Levenson (The Sedona Method) 's favorite teaching: get everything by releasing only.

What do you want? How are you going to do it? Why not get it through release? This is how you practice; you choose to release.

Sometimes you might spend an entire afternoon doing other things without releasing anything. That's because your subconscious is seeking something. You can't force yourself to release it.

You need to see what you are seeking and ask yourself, "Can I get that from release?" See which way is easier, more enjoyable, and then choose release.

That's why I say successful experiences are important. You have to gain benefits first; you won't do it without benefits—that's your mindset. It will try every means to avoid and resist release. I remember saying before that focusing on step six truly led me into continuous release.

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Why do many people feel sleepy after releasing stress? It's simple: because sleep is more comfortable than forced release. The mind always tends to do what's more comfortable.

That's why Lester Levenson (The Sedona Method) always makes you confirm your gains; it's very important. Step six cannot be ignored, so you need to keep reaping the benefits.

With each release, you must feel better; only then can you continue. Once you feel compulsion or effort, immediately relax and release the urge to control.

If releasing makes you feel more comfortable than sleeping, you will naturally tend to release; it's really that simple.

So I said you haven't seen the complete road, so naturally you'll have doubts. But if you experience the six steps, you'll know its perfection.

All of Lester Levenson (The Sedona Method) Levenson's guidance is about six steps; without it by your side, you'll stray from the path without even realizing it.

Wind's Talk on the "Six Steps" (Part 4) 2020.10.22
A Shortcut to Freedom (2021-03-06 12:02)

Date of conversation: October 22, 2020

Wind (Feng 风) :
Someone just messaged me privately asking if the step of confirming a greater sense of well-being was included. This step wasn't part of the initial guidance before my retreat; it was added during the guidance session a couple of days ago. That's indeed the case.

Because I confirmed the six steps during my retreat. There are some very subtle things involved, such as motivation. Wanting freedom requires motivation.

Each time you remind yourself of step six, it subtly and fundamentally motivates you to take step one. This greatly accelerates your release process, as the subsequent steps will then be carried out naturally.

So remind yourself of step six and step one. The key word for step six is "more." Each release will bring more joy, ease, and freedom. This will make you want freedom even more.

Note that this applies to each and every time.

Once you get stuck, you won't want to let go. The urge to escape will quickly pull you in the opposite direction.

Remember what I said a few days ago? Your whole mind is filled with desires, so you'll always have desires until you're free.

The difference lies in how you direct it—whether you guide it towards freedom or towards restriction.

The desire for freedom leads to a desire for further liberation. In other words, once you've done it the first time, you know you'll feel even better and experience more freedom the next time. Naturally, you'll want to do it a second time.

ask:
Once you release control and your emotions are clean, you're clean, right?

Wind (Feng 风) :
Yes, once it's released, it's released. What you released were three basic desires: the desire for control, the desire for recognition, and the desire to survive.

ask:
After experiencing that joy, should we start the six-step process again?

Wind (Feng 风) :
After feeling joy, continue to release, and you will feel even more joyful and free. Then you release again, and it will soar once more. The feeling keeps rising. The continuous joy will give you the motivation to continue releasing. Only this motivation will allow you to achieve the fourth step of sustained release.

My goal this time is to draw the entire map. Once a group of people have mastered the process, I will also go into seclusion; this matter cannot be delayed any longer.

ask:
How do I start over?

Wind (Feng 风) :
Just restart the process.

Let me talk about the issue of getting stuck. Many people feel that their emotions are constantly coming out, but they can slowly squeeze some out.

They think this is continuous release, not being stuck. Wrong, this is also being stuck. Because you're stuck.

A release that doesn't feel stuck means that with each release you feel more relaxed, joyful, and free. Use step six to confirm your release.

If you feel like you're fighting a protracted battle with it, then you're stuck in a stalemate; if you feel like you're exerting a lot of force to release it, then you're stuck in a stalemate.

It's important to note that release is not a protracted battle. I know continuous release sounds like a protracted battle, but it's not. Each release brings you immense joy and freedom. Then you'll naturally want to continue releasing.

classmate:
What to do if it gets stuck?

Wind (Feng 风) :
Now pay attention to step five. Observe how you feel when you're stuck, and release your desire for control. If you don't release this control, it will keep affecting you, and you will remain stuck.

This isn't something that can be resolved through a protracted struggle; "protracted" means a lifetime, or even longer. It will remain stuck until you release it.

classmate:

I was doing something or eating when I felt a sensation somewhere in my body. Before I could even identify what it was, it vanished.

Wind (Feng 风) :
Does that disappearance come with a sense of pleasure and freedom?

ask:
No

Wind (Feng 风) :
Do you have a clearer feeling now? If not, then it's not a release. It's just a habitual, formulaic suppression.

Wind's Talk on the "Six Steps" (Part 5) 2020.11.20
A Shortcut to Freedom (2021-03-07 15:51)

Date of conversation: November 20, 2020

Wind (Feng 风) :
Release anything you want, make it your experience.

During the retreat, I also achieved many goals, but I didn't use a goal table; I just listed out what I wanted to achieve.

Then they kept releasing the tokens, and eventually found that most of them were successful.

ask:
Have you taken the first step when you went into seclusion?

Wind (Feng 风) :
Later, the six steps were confirmed. It was during that confirmation of the six steps that I knew something had completely changed.

Later, I suddenly realized that it was the Stream-Enterer in the Agamas, and after reading the Venerable One's explanation, I learned that it was also the Nirbhabhava Samadhi in Yoga.

Confirmation is the first step. Only after achieving the first step can you dispel doubts, and only dispelling doubts can be called "confirmation".

The entire road will be laid out before you. You will know directly how to reach the destination; it's a direct, unspoken knowledge, requiring no thought.

Then you realize that every action you take cannot go against freedom, and this feeling of changing the flow is very clear.

ask:
How did you suddenly confirm the six-step method?

Wind (Feng 风) :
Continuous release.

ask:
How long did the release continue?

Wind (Feng 风) :

I was released in less than a week.

ask:
Is he going to remain in seclusion for a week?

Wind (Feng 风) :
Yes. My sustained release wasn't about sitting there forcing myself to release; I wrote down many goals on it. My mental process was validation; at the time, I was like this:

I do a release once, and then I feel great. I then say to myself, "Let's release again, will it feel even better?" I verify step six.

Then I got stuck, so I said, let's test step five, let's release the control I'm trying to have and see if it will get better. And wow, it's smooth now! I'm so happy.

Then it releases again, so the whole process is actually quite interesting, not the kind of sitting there meditating that many people imagine.

After a few days of this release, I was already feeling very happy, and that's when the insight naturally came to me.

I know directly what the only source of happiness is, and when you cover it up with feelings, that is pain, and pain is what limits your infinite existence.

As soon as this realization occurred, I immediately felt something change; the release became very proactive, without needing any of those paper goals to entice me.

It's about constantly releasing, and then you reach the point I mentioned: you suddenly detach from your entire mind, and you feel all the power you've used in your mind flowing inward. In

that instant, you feel your whole body and mind turn inward, and then you suddenly know all the steps that follow.

At the time, I thought those experiences were individualized, so I didn't go into detail about many of them. For example, when I relieved physical stress, I would suddenly relax completely and straighten up.

Now I know this was bound to happen, because it is a prerequisite for entering Samadhi, and one of the first few steps to reach Nirbhabhava Samadhi.

Wind's Talk on the "Six Steps" (Part Six) 2020.11.17
A Shortcut to Freedom (2021-03-08 15:13)

Date of conversation: November 17, 2020

Wind (Feng 风) :
I also failed for six years.

ask:
Where? Didn't you discover the Original 1992 Sedona Method three years later?

Wind (Feng 风) :
If there's no continuous release, it's a failure; it's stuck.

ask:
Is it possible that we might also get stuck for a few years?

Wind (Feng 风) :
Using the six steps, it won't be a problem. I didn't fully understand the six steps before, but after I did, I won't get stuck on the road anymore.

ask:
Could it be that we haven't understood the six steps either? Is that why you think we need to wait until we truly understand the six steps, otherwise we'll continue to get stuck?

Wind (Feng 风) :
Yes, having someone with experience is enough. That way, they can answer all the questions. It's like the Buddha saying that after completing the first stage of the Four Noble Truths, we enter the second.

ask:
What exactly is the experiential level?

Wind (Feng 风) :
When you first start using the six steps, you are not using it completely; you are using the six steps to guide yourself on the right path.

ask:
I'm really curious to know what you're referring to. Could you explain in more detail?

Wind (Feng 风) :
Sure, I actually explained it in detail yesterday.

"Venerable Sir! What is meant by 'enlightenment'? Venerable Sir! What is 'enlightenment'? What is 'following enlightenment'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path leading to the cessation of suffering—this is called 'enlightenment'; this is called 'following enlightenment'."

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Lester Levenson (The Sedona Method) : Yes, that's the first step, and the first step in the method, isn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally was. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

So the first step is that you must want freedom more than you want the world.

You can compare them; if you can read classical Chinese, you'll find they're the same thing. Let me explain it simply.

Why do you pursue happiness in this world? Because you mistakenly believe, based on your experience, that happiness exists in the world.

Therefore, Lester Levenson (The Sedona Method) makes you realize that the world is tragic. Fully experiencing this will develop an intelligence, which the Buddha called the wisdom of seeing suffering.

Then you will see the cause of suffering. The world is filled with suffering because of your attachment and hatred. Once these are extinguished, your suffering will completely disappear. All happiness resides within you. This understanding, this wisdom, is what the Buddha called the wisdom of the origin of suffering and the wisdom of the cessation of suffering.

Knowing that the world is suffering, knowing how suffering arises, and knowing how suffering ceases—this constitutes correct observation, which the Buddha called "right view," or "enlightenment" and "holy wisdom."

Guided by right view, the eight parts of the entire path are presented before you; the Buddha called them the Eightfold Noble Path. The direction begins to change.

In the six-step process, this represents achieving the first step. Therefore, the six steps initially serve as an operating guide, leading you through the process once you fully align with the first step.

If you truly take the first step, every choice and action you take will naturally tend towards freedom.

Lester Levenson (The Sedona Method) : Yes, that's the first step, and the first step in the method, isn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally was. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

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So the first step is that you must want freedom more than you want the world.

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Once you get here, every choice, distinction, inquiry, awareness, shrewdness, enlightenment, and observation you make will naturally turn in the right direction.

Corresponding to the thought of non-leaking, which is an ancient translation meaning perfect and without flaws.

You no longer seek happiness in an imperfect world, so you wholeheartedly and naturally change direction in every choice you make.

Therefore, reaching the first step of the six steps is actually what Buddhism calls the first fruit of sainthood, the stream-enterer fruit, the stream-enterer fruit, and the wisdom-liberated one, having entered the stream of saints.

You will naturally break three knots. The first knot is the knot of doubt, because the entire path is presented before you, so you break all doubts.

The second knot is the knot of self-view. Because you see the flaws in the world, you will not look for "I" anywhere, and you will not think that the body is "I".

The third knot is the knot of clinging to rituals and rites. Because you see the source of everything, you will no longer engage in rituals, believe that external forces are effective, or have the idea that they can lead to the end. At the same time, the karma that could have led you to lower realms is completely cleared.

This concludes the first step. The remaining five steps will naturally fall into your experience.

Besides in "The Way," Lester Levenson (The Sedona Method) 's description in other audio recordings of "taking the first step, and every action you take will tend toward freedom" is the same.

ask:
Last night, my doubts surfaced. I stayed up all night reading my journal/diary, but I didn't continue to release my pent-up emotions because I started to doubt the release method, to doubt myself, and to doubt the achievements of the Wind.

Then I couldn't get out of bed today. I'm so tired. I didn't release all my stress as soon as I woke up like I did the other two days. I'm a bit stuck now, feeling indifferent, sad, and afraid.

Wind (Feng 风) :
It's perfectly normal to have doubts before actually getting into the six steps; these are things that happen repeatedly.

Because you won't truly eliminate doubt until the path is revealed. After the path is revealed, faith is established; the ancient translation is called indestructible pure faith. This is actually the attainment of the second step. Since you haven't seen it, of course you'll doubt.

ask:
How can we change direction and truly achieve the first step at the level of experience?

Wind (Feng 风) :
The method of reversing direction in the release technique involves constantly confirming your gain. If you benefit from releasing, you'll want to release more.

For example, if you have an exam today and you have a history of successfully passing it through diligent study, you will study hard. However, if you pass the exam through a form of release, you will then seek release.

You need to make sure all your gains come from releasing. Get everything by releasing only. It's important to gain benefits at the beginning, so that the gains support you to achieve even greater gains.

Simply put, you will only turn around and take the first step when you see the world as equal to suffering and all happiness as coming from within. As long as you still believe that happiness exists in the world, you will stop to pursue it.

If you frequently listen to the audio and watch the videos of Lester Levenson (The Sedona Method) Levenson, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is, **"Have you ever experienced an inner picture change that immediately changes the outside world?**", and the other is, **"Have you discovered that all happiness comes from within?"**

You really can only take the first step if you discover this. In classical texts like the Agamas, it's described as seeing suffering and seeing the cause of suffering. But when Lester Levenson (The Sedona Method) says it casually in plain language, you'll overlook it.

So changing direction isn't about shouting "I want freedom," but about gradually confirming that your gain comes from liberation, and there's nothing outside of those six steps.

You can't just resist or hate the world; that won't do any good. Unfortunately, when most people cry out for "freedom," what they're really suppressing is their hatred of the world. But hatred and attachment are two sides of the same coin; they are two directions of desire.

It only works if you truly take the first step at the experiential level. Through continuous release and confirmation of your gains, confirm the source of your happiness.

Okay, let's release this, from gaining a little benefit to gaining all the benefits. There's nothing else to say.

A complete map of achieving ultimate freedom using the release method (3600 words)
2021-09-25 Shortcuts to Freedom (Source)

Conversation 1, October 30, 2020

Wind (Feng 风) :
Go use this method

Wind (Feng 风) :
Release the desire for control and identification; release the programs that overlay the fear of death.

Wind (Feng 风) :
Then allow the fear of death to surface, and release it completely.

Wind (Feng 风) :
Initially, what was released was a program that sought control and validation.

Wind (Feng 风) :
You are simply releasing these two programs.

Wind (Feng 风) :
When you release, those feelings, those thousands of thoughts about the body, disappear.

Wind (Feng 风) :
When you release your deepest fear of death, your entire mind disappears.

Wind (Feng 风) :
Your sense of separation will dissipate, leaving only infinity.

Wind (Feng 风) :
You will naturally come to believe that you are an infinite being.

Wind (Feng 风) :
Is that clear enough?

Wind (Feng 风) :
"emoji: laugh"

———————

Second conversation, October 30, 2020

Wind (Feng 风) :
Another issue is the problem of 'separation' and 'fear of death'.

Wind (Feng 风) :
Roller just happened to translate that article.

Wind (Feng 风) :
After releasing my fear of death these past few days, I encountered that separation.

Wind (Feng 风) :
Therefore, I believe this proposition needs to be clarified even more clearly.

Wind (Feng 风) :
Because my previous arguments (Editor's note: before the six steps of confirmation) were somewhat mixed with my own imagination.

Wind (Feng 风) :
I'll continue with the topic of separation.

Wind (Feng 风) :
I had been releasing my 'fear of death' for several days.

Wind (Feng 风) :
Indeed, a strong feeling of 'I am this body' surged up.

Wind (Feng 风) :
But when I touched it, the fear of death returned.

Wind (Feng 风) :
The 'sense of separation' is the initial feeling; it means 'I am this body separated from infinite existence'.

Wind (Feng 风) :
If you want freedom, the goal of liberation is merely the desire for control, the desire for recognition, and the fear of death.

Wind (Feng 风) :
After I came into contact with the concept of 'separation', I saw a little bit of it.

Wind (Feng 风) :

If I truly release all my fear of death, it will dissipate on its own.

Wind (Feng 风) :
Because it's this program that makes it impossible for you to see clearly.

Wind (Feng 风) :
Therefore, keep it simple.

Wind (Feng 风) :
Release the desire for control and identification that lies beneath the 'No. 1 program' (the fear of death).

Wind (Feng 风) :
Then release the fear of death.

Wind (Feng 风) :
That's the end of it.

_____

Conversation 3, December 1, 2020

ask:
In the section on goals and winning, Lester Levenson (The Sedona Method) said that the first desire is the desire to separate. Why wasn't this the first desire in the release law?

Wind (Feng 风) :
sense of separation

Wind (Feng 风) :
"Chat history"

ask:
"Photo of page"

ask:

In other words, releasing the fear of death also releases the sense of separation?

Wind (Feng 风) :
Every release is a release of the feeling of separation.

Wind (Feng 风) :
However, when you're at this bottom line and begin to release, you can achieve freedom within months; continued release will get you there. Given your current momentum, you are capable of

doing so. As you continue to release, you will get high. From there, you can release even deeper and pull out the fear of death. When you let go of that fear of dying, a much stronger agony arises—the feeling of separation. But because you have already released so much garbage, when you let go of the fear of death, you are able to cope with it and eliminate this feeling of separation, and then you are there.

Wind (Feng 风) :
After releasing your fear of death, you will come into contact with a sense of separation.

Wind (Feng 风) :
This presents a choice: to become an infinite entity or to become separate individuals.

Wind (Feng 风) :
When you acknowledge your infinite existence, you are instantly one.

ask:
Even after releasing the fear of death, the work is not yet finished?

Wind (Feng 风) :
Once it's completely released, it's done.

Wind (Feng 风) :
When the feeling of separation arises, you haven't fully released the fear of death.

Wind (Feng 风) :
"Chat history"

Wind (Feng 风) :

I've told you this before.

Wind (Feng 风) :
If you want to handle the feeling of separation, you must retain some of the fear of death.

Wind (Feng 风) :
Otherwise the sense of separation will dissipate.

Wind (Feng 风) :
When you completely eliminate the fear of death, your mental programming is completely cleared.

ask:
Once the sense of separation is eliminated, then we reach the state of "I am everything," right?

Wind (Feng 风) :
Infinite existence

ask:
The feeling of separation is gone?

Wind (Feng 风) :
Yes, I will no longer have the feeling of 'I am an individual'.

Wind (Feng 风) :
I will no longer feel like I am a body

ask:
Even while still using a body

Wind (Feng 风) :
Um

Wind (Feng 风) :
You watch the body move.

ask:
You just said that every release is a release of the feeling of separation.

Wind (Feng 风) :
Yes

Wind (Feng 风) :
Our existence constructs a mindset—"Imagine it as a body." Therefore, everything you do, and everything we will continue to do until you are free, is to eliminate this sense of separation.

Wind (Feng 风) :
The sense of separation is actually the sense of ego.

ask:
Could it be said that what's being released is a sense of individuality? I feel like an individual.

Wind (Feng 风) :
Self-sense

Wind (Feng 风) :
The word "separation" is not used in "the way".

Wind (Feng 风) :

It uses the sense of ego.

Wind (Feng 风) :
Self-sense

Wind (Feng 风) :
Every time you release yourself, you are releasing your sense of self.

Wind (Feng 风) :
Recognize God's actions through you

ask:
"It's not me, but the Father (God) who works through me" (word by Jesus in the Bible)—this is a slogan I used to chant a lot. (Emoji: laugh)

Wind (Feng 风) :
Release it to become experience

ask:
Are you living with this kind of experience right now?

Wind (Feng 风) :
Basically

Wind (Feng 风) :
Rarely use your mind to make decisions

Wind (Feng 风) :
However, this is not a negative feeling.

Wind (Feng 风) :
This is a wonderful, blissful feeling.

———————
Conversation 4, December 16, 2020

ask:
Do you still watch movies now?

Wind (Feng 风) :
I don't engage in any recreational activities.

Wind (Feng 风) :
Unless I want to pull myself down

Wind (Feng 风) :
It is feasible to do it.

Wind (Feng 风) :
However, when you watch a movie, if your focus is on the film itself and you become engrossed in the plot, then you can't release your pent-up emotions.

Wind (Feng 风) :
Because you derive pleasure from the movie plot rather than from within.

ask:
Does Teacher Feng know what state we are in?

Wind (Feng 风) :
Know

ask:
Who in this group can have freedom?

Wind (Feng 风) :
Give it a try, how will you know if you don't try?

ask:
First of all, can freelancers be in our group?

Wind (Feng 风) :
Anyone can be free

Wind (Feng 风) :
But very few people actually want freedom.

ask:
Can Teacher Feng lead us in a collective release?

Wind (Feng 风) :
I won't bring a mass release; that won't help.

Wind (Feng 风) :
The real help is to use the release method as a way to become self-reliant.

Wind (Feng 风) :
One cannot achieve freedom by depending on others.

Wind (Feng 风) :
This goes against the grain.

Wind (Feng 风) :
The attempt to find power externally prevents one from discovering the true source of infinite power.

Wind (Feng 风) :
That's it

Wind (Feng 风) :
"Emoji: laugh"

ask:
Why don't you develop an even simpler method that allows all living beings to be free?

Wind (Feng 风) :
There are a total of 112 methods.

Wind (Feng 风) :
Masters in different eras will reveal different methods.

Wind (Feng 风) :
The most suitable method in this era is the release method as taught by Lester Levenson (The Sedona Method) (Original 1992 Sedona Method).

Wind (Feng 风) :
Therefore, the masters all left around 1952.

Wind (Feng 风) :
Especially Yogananda, who chose to leave on March 7, 1952.

ask:
112 items. Are there any that are not self-reliant?

Wind (Feng 风) :
Everyone needs to be self-reliant

ask:
Oh, I feel like it's hard for people to be independent these days. For example, how can I help others?

Modern people only care about results. Unless I'm free first.

Wind (Feng 风) :
Truly helping others is about freeing your ego.

Wind (Feng 风) :
You will understand from a higher perspective what is best for a particular person.

Wind (Feng 风) :
And not just superficial help

ask:
What is this sense of self?

Wind (Feng 风) :
sense of ego

Wind (Feng 风) :
It's your mindset

Wind (Feng 风) :
The mind is constructed around the self.

ask:
Wouldn't it be faster if we used the methods of love from Lester Levenson (The Sedona Method) 's book "The Power of Love" while simultaneously releasing ourselves?

Wind (Feng 风) :
no

Wind (Feng 风) :
In fact, Lester Levenson (The Sedona Method) told you this in the audio.

Wind (Feng 风) :
He spent three months, including time for exploration.

ask:
I find it hard to believe that it will last a month.

Wind (Feng 风) :
He said that if he had known the six steps from the beginning, it would have only taken him a month or less.

Wind (Feng 风) :
Simple, or impossible

Wind (Feng 风) :
If you can't do it in a month, and you still can't do it in two months, then freedom is impossible for you.

Wind (Feng 风) :
You can't drag it out for a long time; you can't say, "I'll do a little bit every day, and then I'll be free in ten or twenty years."

ask:
That means you don't want freedom at all, which is why you can't achieve it.

ask:
Why can't it be delayed for too long?

Wind (Feng 风) :
If you follow these six steps, you'll either solve it within a month or two, or you'll never be able to do it in your lifetime.

Wind (Feng 风) :
Because if you don't have freedom for one or two months, then you're not on the six-step process.

Wind (Feng 风) :
How can you be free without following the six steps?

ask:
Can't we just use the six steps without combining them with love exercises?

Wind (Feng 风) :
Yes, six steps make a complete map.

Wind (Feng 风) :
You don't need to add anything else to it.

ask:
You know the state of each of us, am I releasing things correctly or not? I can't seem to stop releasing them every day.

Wind (Feng 风) :
That's definitely wrong.

Wind (Feng 风) :
By following the six-step release method, you can reach an extremely high state within a week.

Wind (Feng 风) :
Even entering the Nirbhabhapa Samadhi

Wind (Feng 风) :
If you drag out this process for a long time, then it will definitely not be in the six steps.

Wind (Feng 风) :
Lester Levenson (The Sedona Method) tells you that one release is equivalent to several months of meditation.

Wind (Feng 风) :
A single release only takes a few seconds.

Wind (Feng 风) :
You only need a few seconds to achieve the same effect as months of meditation.

Wind (Feng 风) :
This method is extremely efficient.

ask:
Where did we go wrong? One day of release can't achieve the effect of one release.

Wind (Feng 风) :
You can check the six steps to see if you're in the right place.

ask:
There is definitely no first step.

Wind (Feng 风) :
If you follow the six steps, your release will be continuous, and your pleasure will continuously increase.

ask:
The second step is whether this free decision is to decide freedom or to decide release.

Wind (Feng 风) :
Make a free decision

Wind (Feng 风) :
Decide not to stop until you achieve freedom.

Wind (Feng 风) :
When the Buddha sat under the tree, he resolved never to rise until he had found the path to liberation.

ask:
Can we ignore steps one and two for now? We'll only use those two steps when we get the pre-flow results, right?

Wind (Feng 风) :
Not ignoring the first and second steps

Wind (Feng 风) :
The complete achievement of the first step requires pre-flow.

Wind (Feng 风) :
However, if you don't actively use the first and second steps, you can't achieve pre-flow.

Wind (Feng 风) :
These six steps require your active implementation.

Wind (Feng 风) :
Then, once you've completely achieved the first step, the remaining five steps will guide you.

ask:
That's why sometimes I don't really want freedom.

Wind (Feng 风) :
Therefore, the most practical approach for you is the teachings that Lester Levenson (The Sedona Method) highly recommends.

Wind (Feng 风) :
get everything by releasing only

Wind (Feng 风) :
Because you always have something to want

Wind (Feng 风) :
Deciding to obtain everything you desire through release will also lead you to continuously release.

ask:
What's the meaning?

Wind (Feng 风) :
You'll have things you want before you reach your destination.

Wind (Feng 风) :

everything means everything

Wind (Feng 风) :
Everything is everything

Wind (Feng 风) :
You get everything you want simply by releasing, which also allows you to follow the six steps.

Wind (Feng 风) :
Pick up any one of these guides, and you'll be free.

ask:
Through which places does everything we receive manifest itself?

Wind (Feng 风) :
Anywhere

Wind (Feng 风) :
First, you get what you want through the material world, and then you reach the stage that Lester Levenson (The Sedona Method) talks about: 'materialization and antimaterialization'.

ask:

What does "the way of the material world" refer to?

Wind (Feng 风) :
It's what Lester Levenson (The Sedona Method) showed you: getting what you want effortlessly.

Wind (Feng 风) :
Michael reached this stage.

Wind (Feng 风) :
But Lester Levenson (The Sedona Method) said he did not continue.

Wind (Feng 风) :
If this continues, he can materialize and dematerialize.

Wind (Feng 风) :
Make matter appear and disappear instantly.

Wind (Feng 风) :
Matter changes instantly simply by changing the image in one's mind.

Wind (Feng 风) :
At this stage, further release is still needed.

Wind (Feng 风) :
Karma that completely transcends the material world, the astral realm, and the realm of cause and effect.

Wind (Feng 风) :
Reaching Infinite Existence

ask:
There must be a reason why Feng came to this group today.

Wind (Feng 风) :
I'm just repeating the complete map.

ask:
Thank you, it's much clearer now.

ask:
Without a teacher's guidance, it would take countless lifetimes to reach that goal; one would be wandering aimlessly on the wrong path.

Wind (Feng 风) :
You're welcome

Wind (Feng 风) :
Keep it simple and follow these six steps.

———————
Conversation 5, January 2, 2021

Wind (Feng 风) :
In the release method, following the six steps will lead to the endpoint.

Wind (Feng 风) :
You will not reach the destination without following the six steps.

Wind (Feng 风) :
To do or not to do

Wind (Feng 风) :
Just like what Lester Levenson (The Sedona Method) said to Ralph at the end

Wind (Feng 风) :
"It's either do it or don't. I hope you do it."

Wind (Feng 风) :
Simple, or impossible

_____

Wind: By following the six steps, the entire journey can be completed in one to two months, reaching the destination. (Missing)

Lester Levenson (The Sedona Method) 's favorite and most practical teaching: Everything is gained simply through liberation.
2021-09-25 Shortcuts to Freedom (Source:)

Translation: Wind; Video Production: Roller

I want to give you another very practical thing that can help you achieve freedom: whatever you are doing or want right now, obtain it simply by letting go (release). I'm emphasizing the word "simply".

This might make you feel like you're in heaven because it's so easy; things practically fall onto your knees. Is there anyone here who hasn't experienced getting something effortlessly through release?

So everyone here has experienced gaining something simply by releasing it, without putting in any effort, without taking any action, just releasing it, and then it falls into your experience.

Is there a problem with that? (Laughter) Is there a problem with that? Anything is possible as long as you do it this way.

OK, so what I'm proposing now is that from now on, anything you want, you get it by releasing it.

Why don't you write it down? I'm afraid you'll forget this when I stop talking to you. This means your life will become incredibly beautiful from this moment on.

Okay, so what's the point? It will give you a habit of releasing, and you'll use it more and more until it's as natural as breathing.

The greatest surprise isn't that you'll get what you want, but that you'll enter a state of being. You'll move to a very, very high state. Because when you release and let go, you're letting things take their course, letting God do it.

Can God do that? You need money? Does God have money? If you ask him to do it, he can give you a billion dollars tomorrow.

This is simply a permission, essentially letting go of your sense of self—of being in my body and mind. Letting go of that sense of self, letting God do it. It's about letting you, as a part of God—your being—do it. It's that simple, isn't it?

—Excerpt from THE WAY 1: Implementing the six steps is the only key

So, what do you need to do? I summarized it from the previous four days of the course: First, you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation (release / letting go). I guess this is the most practical of the four. How successful or peaceful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

—Excerpt from THE WAY2: Implementing the six steps is the only key

The next one is to get everything you want simply by releasing it, starting now. I think this is my favorite.

From a practical standpoint, it will offer you more than other guidance, and do you know why? You'll experience release in every moment. Because your desires have become overloaded—wanting, wanting. How successful are you in this?

From this moment on, simply release to get everything you want. Does this work for any of you? Anything you want right now, just release it and let it enter your experience.

Has anyone experienced getting everything they wanted simply by letting go? Anyone?

Everything! Everything means everything. What are you trying to say?

Student: I have a lot to say, it looks like things happened...

Lester Levenson (The Sedona Method) : That's how it's supposed to be; things just happen. So I have to add one last thing: don't be an actor. Because when you do that, you're not an actor.

Student: (Cannot hear clearly)

Lester Levenson (The Sedona Method) : You let go, and then you stop being the actor (doer, sense of doership). This is releasing the desire to be the ego. These are very powerful things, extremely powerful, and if you can make one of them a long-term habit, either one will take you all the way.

Student: What you mean by "your favorite thing" is...

Lester Levenson (The Sedona Method) Levenson: Used most often.

Student: I think my favorite thing is being free to get everything I want.

Lester Levenson (The Sedona Method) Levenson: I like this the most too.

Student: Does this mean it's more positive?

Lester Levenson (The Sedona Method) : Because you can see that this is what you need to do to achieve freedom. The most direct path to freedom is to release all obstacles. So today we're going to have Release 102, the first one was Release 101. If you've been to college, you know what I mean (laughter). I don't know what your colleges are like (laughter). Back in my day, the first course was 101, the second was 102. So today is Release 102, which means everyone has to release 102 times, and I'll count that as credit (laughter).

I suggest you make any statements that might remind you. Gain everything through release. They are all in your room, those signs. This is the most efficient way to freedom. Make sure you are on the path to freedom. Now, does this work for all of you? Obtaining things without effort? Effort gradually diminishes. Have you ever received something effortlessly? Absolutely no effort at all, just something falling onto your knees.

Student: Yes, but it doesn't last.

Lester Levenson (The Sedona Method) : Okay, it's an experience of becoming your true self, a capital S, becoming your being. When you become your being, it's inherently effortless. But you accept these things because it helps you, inspires you to do more, until the whole world effortlessly falls onto your knees. Isn't that wonderful? When it becomes a habit, you find you can create anything, and with just a thought, it falls onto your knees.

—Excerpt from THE WAY4: Implementing the six steps is the only key

A key aspect of emphasizing goals and setting them is...
2021-09-25 Shortcuts to Freedom (Source:)

Dialogue 1, November 20, 2020

ask:
I would like to ask you for advice.

ask:
How can I achieve freedom more quickly?

Wind (Feng 风) :
Use it consistently, and use it to its fullest potential.

Wind (Feng 风) :
I can't give any better advice.

Wind (Feng 风) :
I strongly recommend that you use it in everything.

Wind (Feng 风) :
Utilize those targets

Wind (Feng 风) :
Use continuous acquisition to promote self-liberation

Wind (Feng 风) :
To enhance the release of power

Wind (Feng 风) :
If you get into the habit of using it for every goal you set, you'll get there very quickly.

———

Dialogue 2, January 2, 2021

Wind (Feng 风) :
Focus on goals

Wind (Feng 风) :
In theory, you can directly aim for freedom.

Wind (Feng 风) :
However, I know that most people who say they want freedom are actually suppressing their desire for the world.

Wind (Feng 风) :
Lester Levenson (The Sedona Method) liked the fourth instruction the most because it was the most meaningful to people.

Wind (Feng 风) :
Most practical

ask:
Your goal is directly freedom, right?

Wind (Feng 风) :
I am, but I also used that teaching.

Wind (Feng 风) :
I wrote down everything I wanted.

ask:
I also use them in combination

Wind (Feng 风) :
The previous guidelines often lose their practicality and become mere theory.

ask:
I can't do the first few things yet, so let me get everything I want first.

ask:
It is still necessary to become a successful person.

ask:
I'm also using the guidance mentioned earlier. It helps me find true happiness from within and confront the fear of death. I'm using it all.

Wind (Feng 风) :
What I've seen so far are those people , who said that they claim to want freedom more than the world, but these claims have all become mere theories in their head.

ask:
In this section, Lester Levenson (The Sedona Method) explains why his favorite way to get everything you want is by releasing only. [Student 4: What you mean by your favorite way is…? Lester Levenson (The Sedona Method) : The most frequently used. Student: I think my favorite

way is to release to get everything you want. Lester Levenson (The Sedona Method) : I like that too. Student: Does that mean it's more positive? Lester Levenson (The Sedona Method) : Because you can see, this is the action you need to take to move towards freedom. The most direct action towards freedom is to release all obstacles. So today we're going to have Release 102, the first one was Release 101, if you've been to college you know what I mean (laughter). I don't know what your college was like (laughter). Back in my day, the first course was 101, the second was 102. So today is Release 102, which means everyone has to release 102 times, and I'll count it for credit (laughter). I suggest you do whatever reminds you of this. Get everything through release. They're all in your room, those signs. This is the most efficient way to freedom. Make sure you move towards freedom. Now does this work for all of you? Not by effort to get things? Effort gradually diminishes.] Have you ever received something effortlessly? Without any effort at all, it just falls onto your lap.

Wind (Feng 风) :
So, what do you need to do? I've summarized it from the previous four days of lessons. The first is that you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within. That's Lesson 1. Lesson 2 is: you must make free decisions, and then you do them. However, if you make a free decision, you will do it. It's simple. If you don't have freedom, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most basic thing is continuous release. The third lesson is to directly confront the fear of death and release it. Directly release the fear of death. As you know, beneath identification and control lies the fear of death. So, get rid of this deepest driver, and you're done. The fourth is to start now, obtaining everything you want through release. I guess this is the most practical of the four. How successful are you? Are you still doing things from the perspective of the ego most of the time? Remember, when we do things through release, it's effortless. If you put in effort, that's ego-driven.

Wind (Feng 风) :
Practicality is very important.

Wind (Feng 风) :
Why did Lester Levenson (The Sedona Method) say the fourth one was the most practical? Because you often can't apply the previous ones.

Dialogue 3, December 30, 2020

Wind (Feng 风) :
You need to set a goal that you truly want.

Wind (Feng 风) :
There must be motivation.

ask:
Is 1 million (money) what I really want?

Wind (Feng 风) :
Do you feel that kind of excitement?

ask:
But once you gain freedom, you gain everything.

ask:
Then why don't I just go straight to freedom?

Wind (Feng 风) :
That's fine too.

Wind (Feng 风) :
It is also possible to aim directly at freedom.

ask:
Do you have any suggestions?

Wind (Feng 风) :
You can write down everything you want.

———————
Dialogue 4, January 2, 2021

Wind (Feng 风) :
Dare to dream

ask:
Is it possible to become a billionaire by releasing assets?

Wind (Feng 风) :
certainly

Wind (Feng 风) :
A friend in the group also felt a couple of days ago that he didn't want any goals.

Wind (Feng 风) :
Until I told him one

Wind (Feng 风) :

Go to the world's top Eastman School of Music and find a blonde girl to experience his favorite kind of romantic life.

Wind (Feng 风) :
He climaxed immediately.

Wind (Feng 风) :
Emoji: smirk

ask:
"Emoji: laugh""Emoji: laugh""Emoji: laugh"

Wind (Feng 风) :
So you have to dare to dream.

Wind (Feng 风) :
Many people feel they don't want the world simply because they're afraid to think about it and they're suppressing their feelings.

Wind (Feng 风) :
I think it's impossible, so I don't want the world.

Wind (Feng 风) :
This is not a true desire for freedom.

ask:
I found myself suppressing my feelings, thinking it was impossible, and not daring to even think about it.

Wind (Feng 风) :
dare think big

Wind (Feng 风) :
Lester Levenson (The Sedona Method) said

Wind (Feng 风) :
Dare to dream big

ask:
But so far, not even a very small goal has been achieved.

ask:
Can we immediately think of bigger possibilities in this situation?

Wind (Feng 风) :
You lack motivation unless it's a goal you truly want.

Wind (Feng 风) :
One function of setting goals is to give you motivation.

Wind (Feng 风) :
After finding this exciting goal, that group member accelerated their release.

ask:
Therefore, the key is to set what you truly want.

———————

Dialogue 5, January 8, 2021

Wind (Feng 风) :
You can set any goal you want.

Wind (Feng 风) :
As long as it provides you with a continuous source of motivation.

ask:
I don't need to practice small goals first to accumulate momentum, right? As long as the goal can help me release it continuously, it is meaningful to me. Is this understanding correct?

Wind (Feng 风) :
Well, if this is what you want most, then use this one.

ask:
Understood, thank you.

———————

Dialogue 6, December 22, 2020

Q: Teacher, is it possible to heal a family member's illness through release? Or to achieve other things, such as those related to money, career, relationships, or anything else?

Wind (Feng 风) :
Regarding questions like "Can you do xxx?", I hope you will remember a quote from Lester Levenson (The Sedona Method) .

Wind (Feng 风) :
【Every impossible, no matter how impossible, become immediately a possible, as you completely released on it.】

Wind: [Every impossibility, no matter how impossible, can immediately become possible, as long as you fully unleash yourself upon it.]

_____

Related content links:

Lester Levenson (The Sedona Method) 's favorite and most practical teaching: Everything is gained simply through liberation.

A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom

By practicing "get everything you want simply by letting go," you can achieve this through six steps.

How can I quickly and empirically achieve the first step?

Once you've completely released the target, you'll know it's yours. Then it will automatically become hootless, and then manifest. (2020.12.24)
A Shortcut to Freedom (2021-07-09 08:55)

Dialogue 2020.12.24

ask:
I have a question: what does it mean to be completely free? Does it mean to be free from a goal to the point that you don't care whether the goal is achieved or not?

Wind (Feng 风) :
After releasing to the point of complete possession, continue releasing.

Wind (Feng 风) :
Then your mind will automatically leave that goal and you won't think about it anymore.

Wind (Feng 风) :
Then it will manifest.

ask:
Mr. Feng, could you explain the core of instantaneous manifestation?

Wind (Feng 风) :
alt="video capture"

Wind (Feng 风) :

alt="video capture"

Wind (Feng 风) :
alt="video capture"

Wind (Feng 风) :
alt="video capture"

Wind (Feng 风) :
alt="video capture"

ask:
Does the feeling of having achieved something accompany great joy, or is it simply an intuitive sense of possession?

Wind (Feng 风) :
When you know you already have it, you don't need confirmation.

Wind (Feng 风) :
Then you will automatically stop paying attention to it.

Wind (Feng 风) :
Then you will get it

ask:
I saw in textbooks and videos that it should be released in two ways.

Wind (Feng 风) :
You can release attachments and aversions related to it.

Wind (Feng 风) :
Even when released, the three major desires remain.

Wind (Feng 风) :
Every release will make you feel better

Wind (Feng 风) :
You'll then know it's already yours.

Wind (Feng 风) :
Then you will automatically hootless

ask:
Is the speed of implementation entirely dependent on the speed of release?

ask:
Or will the world adjust its manifestation according to its own steps?

Wind (Feng 风) :
It will manifest at the most appropriate time.

Wind (Feng 风) :
However, this only refers to the sluggishness of the material world.

Wind (Feng 风) :
Once you are able to manifest, Lester Levenson (The Sedona Method) encourages you to achieve both materialization and antimaterialization.

Wind (Feng 风) :
That's immediate.

ask:
How do materialization and antimaterialization work?

ask:
Isn't this "immediately" also in the material world?

Wind (Feng 风) :
Um

Wind (Feng 风) :
But you have transcended the limitations of the material world.

ask:
Why is there no delay in this one, while the previous target was delayed?

Wind (Feng 风) :
Because you have reached the astral realm.

ask:
How do we understand materialization and antimaterialization? What does antimaterialization mean? Does it mean transcending the limitations of the material world?

Wind (Feng 风) :
alt="video capture"

Wind (Feng 风) :
Materialization is the instantaneous appearance of matter.

Wind (Feng 风) :
Antimatter is the instantaneous disappearance of matter.

ask:
First achieve all the goals, then continue to release the energy. The energy will reach the astral plane, where it can be materialized and dematerialized.

Wind (Feng 风) :
Your state of consciousness has reached the astral realm.

ask:
This is blatant control.

Wind (Feng 风) :
Goals and Winning: You must achieve your goals (click the link to view)

Wind (Feng 风) :
As we know, control isn't a bad word, nor is it a bad thing; it's the "desire" to control that is. When we are free, we can completely control the entire universe with just a simple thought. When you are free, your mind is quiet, without any thoughts, so any idea you put in your head will materialize and come to fruition. But currently, your mind may be troubled by thousands of thoughts, and all of them are related to AGFLAP.

Wind (Feng 风) :
You need to reach the point of complete control over the universe

Wind (Feng 风) :
You must first master the material world, then master your mind; become the master of both mind and matter.

Wind (Feng 风) :
In this way, you will discover your infinite nature.

Wind (Feng 风) :
The answers can be found in Lester Levenson (The Sedona Method) Levenson's audio and video recordings.

ask:
When using the target release method, is visualization necessary? Visualize the scenarios in which the target is achieved.

Wind (Feng 风) :
No need to deliberately visualize

ask:
Lester Levenson (The Sedona Method) Video 1 - Lester Levenson (The Sedona Method) City 1984 Intensive Training Course Video 1 (Click the link to watch)

ask:
[*When we are completely released, you know you won't give up until you are completely released.]

What does it mean to say that you won't give up before you're released?

ask:
I've always thought this translation was wrong.

Ah, I remember now.

The English is: you don't give a hoot

That is, completely indifferent

Translation will not be abandoned

He misheard it as "give up".

Wind (Feng 风) :
What you heard is correct.

Wind (Feng 风) :
His punctuation is incorrect.

Wind (Feng 风) :
every impossible, no matter how impossible, become immediately a possible, as you completely released on it.

Wind (Feng 风) :
This is a sentence

Wind (Feng 风) :
You know you completely released on it when you don't give a hoot

Wind (Feng 风) :
Every impossibility, no matter how impossible, becomes possible the moment you completely let go of it.

ask:
Does this translate to "don't care"?

Wind (Feng 风) :
When you don't pay any attention to it

Wind (Feng 风) :
alt="video capture"

Wind (Feng 风) :
Lester Levenson (The Sedona Method) explained this "don't give a hoot" in his audio.

Wind (Feng 风) :
It means that once you completely release it, your mind will completely lose interest in it.

ask:
Oh, I see.

ask:
In that case, wouldn't verification become very difficult?

Wind (Feng 风) :
Won't

Wind (Feng 风) :
Once you completely lose attention, it will manifest very quickly.

ask:
That is when you release yourself to the point of completely disregarding the goal.

Wind (Feng 风) :
Yes, you will know perfectly well that it has been implemented.

Wind (Feng 风) :
Then you'll naturally stop paying attention to it.

Wind (Feng 风) :
That's why I told you to release it until you fully understand its implementation, and then continue releasing it.

ask:
Should we delay it at this point?

Wind (Feng 风) :

This delay is not a problem.

Wind (Feng 风) :
It has already been achieved.

Wind (Feng 风) :
The film has been inserted.

Wind (Feng 风) :
Only the time projected onto the screen

ask:
Everyone knows it's already been achieved, so why continue releasing it? I don't understand.

Wind (Feng 风) :
You'll only understand if you've truly and completely let go by continuing to release yourself.

Wind (Feng 风) :
Sometimes you mistake incomplete knowledge for complete knowledge.

Wind (Feng 风) :
In fact, when you truly know it completely, your mind will naturally release it completely and stop paying attention to it.

ask:
How do I continue releasing? How do I ask the question?

Wind (Feng 风) :
Yes, as long as you feel it, keep releasing.

ask:
Okay, I understand.

Related content links:

A key aspect of emphasizing goals and setting them is...

A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom

By practicing "get everything you want simply by letting go," you can achieve this through six steps.

How can I quickly and empirically achieve the first step?

The Original 1992 Sedona Release Method is the only simple and easy way to achieve freedom in the world today (November 2020 - January 2021).
A Shortcut to Freedom (2021-03-02 08:04)

Conversation 1, November 20, 2020

Wind (Feng 风) :
Another thing I saw was about the method of liberation. Every era has its most suitable method.

The method of liberation is the only simple and feasible way to achieve freedom in this era.

You read that right, it's the only one. Before this, the fastest method was Kriya Yoga.

I wondered at the time, is that really true? Later, I looked through the workbook and found that Lester Levenson (The Sedona Method) explained it very clearly.

This is the only one.

"You will discover that the Original 1992 Sedona Method is the only easy "how to" that the world has today that is effective and proven very quickly by your experience.

Everyone in his or her every act is looking for this ulti-mate state that inheres in us now. But they are looking for it where it is not -- in the materiality of the world. This "how to" will enable you to get whatever it is you wish and help you get to the top state. What the world needs now is love more love which is yours now and is proven by your experience in the use of the Sedona Method, which simply releases the non-love and al-lows your natural existing love to express.

Your life will get healthier, happier, and richer. Good luck and best wishes for your success. "

Lester Levenson (The Sedona Method) Levenson:

You will find that the sedona method is the only simple "how-to" method in the world today, and it is effective, as your experience will soon prove.

Second conversation, November 26, 2020

classmate:
Wind, last time you said you knew 112 ways to achieve freedom.

Wind (Feng 风) :

Yes.

classmate:
Before the advent of the release method, Kriya Yoga was the fastest.

Wind (Feng 风) :
Yes, the release method is faster, much faster.

classmate:
How long did it take Yoga Tantra's female disciples to practice Kriya Yoga and merge with the infinite?

Wind (Feng 风) :
According to Krianandа, it also took her many years.

classmate:
Hmm, how did you know about these 112 methods?

Wind (Feng 风) :
I learned these methods from Samadhi, all 112 in total.

classmate:
Want to know directly?

Wind (Feng 风) :
Yes, the method is to know it directly, and then find the appropriate classical language to express it based on the inherent guidance.

classmate:
Does that mean a master knows all the methods?

Wind (Feng 风) :
Yes, the master knows everything. He is omniscient, omnipotent, and omnipresent.

classmate:
Were the teachings of Buddha and Jesus, when they were alive, the fastest way for people at that time?

Wind (Feng 风) :
Yes, the method best suited to the characteristics of humans at that time.

classmate:
So, are their methods no longer suitable for the modern era?

Wind (Feng 风) :
If you use their methods, you cannot quickly achieve freedom in the modern world.

In 70 years, humanity will evolve and have better methods because at that time, humanity will be able to sense the subtle nature of creation and directly access the thoughts of God and the particles of life.

classmate:
Do you know all 112 methods, including those that will be better 70 years from now?

Wind (Feng 风) :
Yes, those 112 are all the possible paths.

Conversation 3, January 2, 2021

Wind (Feng 风) :
There are 112 types, but the only issue is adapting to the times. In this era, only the release method is recommended.

If you look at the workbook, you'll find a quote from Lester Levenson (The Sedona Method) Levenson:

You'll find that this method is the only simple and easy one in the world today.

After Kam Bakshi is freed, he tells you, "This is the best method that may be possible in the world."

They're not joking with you; a master would never fool you.

Conversation 4, December 22, 2020

classmate:
Are any of Mr. Lester Levenson (The Sedona Method) Levenson's disciples freed?

Wind (Feng 风) :
Yes. There is one at the Sedona Institute, but she chose to live in seclusion.

Later, Larry's student Kam also reached the finish line using the six-step method after listening to the Lester Levenson (The Sedona Method) post-production audio that Larry sold (THE WAY).

Kam's articles are widely circulated, and most people have probably seen them.

After achieving freedom through the six steps of the Liberation Act, Kam left a letter (click the link to view).

(Editor's note: Feng (Wind) completed the entire journey through the Liberation Method in January 2021, achieving ultimate freedom, but he chose to live in seclusion. Homage!)

A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom
2021-09-25 Brave Core 2 93 Views 4 Shares (The Shortcut to Freedom)

Wind (Feng 风) :

I'll stay for a week, then disappear into the crowd. A week is long enough for the mind. (Editor's note: Feng (wind) has already left the group chat.)

Awakening can be achieved in a month or two using the release method, unless you procrastinate. When I'm here, people's minds procrastinate because they keep seeking answers externally.

Only a restrictive, isolated self needs an external master.

Lester Levenson (The Sedona Method) said he had two advantages: one was that he knew nothing about the subject, and the other was that he had a gun to his head.

My advantage is that I have never pursued anything, nor have I encountered a pioneer who has pulled me along.

No one can pull you to freedom; only you can make that decision.

ask:

I have failed many times, often not because I couldn't do it, but because I was unwilling to.

Wind (Feng 风) :

So fearful to be free—he had been telling his students this since Lester Levenson (The Sedona Method) Levenson's time. Because almost everyone who uses the method of liberation unconsciously procrastinates.

The reason is stupid: it's the fear of freedom. The fear that freedom will cause them to lose their senses, to lose their bodies, when in reality they won't.

Therefore, Lester Levenson (The Sedona Method) repeatedly emphasized, "Don't be afraid of freedom. You won't lose anything after you're free; you'll only lose your suffering."

ask:

How did you overcome this fear?

Wind (Feng 风) :

See it, then let it go.

ask:

It's that simple.

ask:

If you can't continuously release your fears, does it mean your desire for freedom isn't strong enough?

Wind (Feng 风) :

These two video clips may be helpful to you.

You will be free when you desire freedom more than anything else in the world.

What do you want? Get it through liberation. Do you want a materially abundant life? Do you want intimate relationships? Get everything you want through liberation.

Then you'll discover that it doesn't bring happiness; the only source of happiness is your infinite existence. You'll then change direction.

Want freedom more than anything else in the world, if that statement is not practical for you.

Then Lester Levenson (The Sedona Method) has another, more practical saying: "Get everything you want by releasing only." What is "everything"? Everything is everything—all that you want.

In life, every single minute of every day, you're dissatisfied—that's what desire is. Release your desires, and you'll immediately experience existence (Joy of Being).

Furthermore, I want to emphasize something completely different from what the current spiritual community in the world tells you: you must value external validation.

The first step is to master the world, and then, to master the mind.

If you feel good right now, but feel powerless about the world, then your subconscious is repressing those agflaps (Repressed feeling / emotion - AGFLAP) .

Therefore, Lester Levenson (The Sedona Method) Levenson's teaching emphasized external validation, something that was almost forgotten by all his later students.

ask:

What is external confirmation? I still don't quite understand.

Wind: Think about it, and things happen. With an effortless thought, things appear, just like in a dream.

ask:

You need to experience that too, right?

Wind (Feng 风) :

Of course. Release, don't compromise.

The first step to freedom is to take control of the world, and then you release your attachment and hatred (aversion, hate, disgust) towards it.

But if you can't do it, if you hide "I can't" in your subconscious, you can't be free. You must be a winner.

This is a point Lester Levenson (The Sedona Method) and his students repeatedly emphasize, yet most of his students compromise. The reason I say we should value external validation (external world) is because many people mistake a superficial feeling of well-being for freedom. Their world hasn't changed because their subconscious still holds those images.

A person who truly changes their mindset will inevitably change their world, because what is the world? The world is merely a projection of your thoughts.

ask:

Teacher Feng, could you tell me about the whole process of achieving freedom?

Wind (Feng 风) :

The entire process of attaining freedom is about becoming increasingly lighter and happier through release. Then you reach a point where you can watch everything happen, a place where effortless thoughts can create everything. Nothing else needs to be accumulated in the mind.

ask:

Only by setting freedom as our goal can we realize how many "impossibilities" we harbor within that need to be released.

Wind (Feng 风) :

That's why Lester Levenson (The Sedona Method) advocates using goal tables; their purpose is to bring out the programs hidden in your subconscious.

Don't compromise on your goals. If you can't achieve them, it's just a feeling of not being able to. Acknowledge it and let it go.

Release it until you see it realized, taste it, and know it's already yours.

———————————————

Article link: By following these six steps, you can complete the entire journey and reach the destination within one to two months (missing link).

A Conversation with a Master | Enlightened Beings are Omniscient, Omnipotent, and Omnipresent
2021-09-25 Brave Core 2 57 Views 4 Shares

ask:

In other words, to achieve freedom, one must become a superman, an omnipotent superman. If there's even the slightest thing he can't do, he can't be free. Is that true?

Wind (Feng 风) :

Yes. Freedom is becoming your True Self (infinite being), it's releasing all limitations. If your mind is completely still, and your feelings and thoughts are fully released, you are infinite being.

Omniscient, omnipotent, omnipresent.

ask:

Can enlightened beings do all the things mentioned in Yogananda's book, "Autobiography of a Yogi"?

Wind (Feng 风) :

Yes. Everything in "An Autobiography of a Yogi" and everything it doesn't mention.

Omnipotent means omnipotent. There is no compromise explanation for it.

Omniscient, omnipotent, and omnipresent—this is the literal meaning of omniscience, omnipotence, and omnipresence.

Q: Teacher Wind, Lester Levenson (The Sedona Method) said that one could have 100 bodies after becoming free. Have you ever conducted this experiment?

Wind: Ten thousand would do. It's all just a picture. Everything is an image. Break down the restrictive ideas about freedom.

Despite Lester Levenson (The Sedona Method) Levenson’s repeated assertions of omniscience, omnipotence, and omnipresence, people still interpret the statement in a limited way.

Article link:

By following these six steps, you can complete the entire journey and reach the destination within one to two months (missing information).

A Conversation with a Master | Awakening is complete free will; once free, one is free forever.
Dialogue 1
Q: God (Universe, Life) created a mind, and the mind created three bodies (physical body, astral body, causal body). Besides these three bodies, could it become something else (a stone, a tree, etc.)?

Wind: Those are the three unique bodies of humankind. Besides the human body, there are the bodies of other animals and other substances.

You are an expression of God (Infinite Being). You created three bodies and a separate consciousness. You identify with your body, but are separate from the entire world you project.

Q: Why would you do something so self-destructive? Why choose to separate?

Wind: Lester Levenson (The Sedona Method) has answered this question, more than once. I have answered it too. There is a difference between passive infinity and active infinity.

The God before His descent is different from the God who returned after the separation. Once you actively choose infinite existence, you will not lose it.

Q: Did God, who descended to earth, also choose to descend voluntarily?

Wind: Hmm. Actively experiencing separation.

Q: Does a singular choice lead to a diverse experience?

Wind: No. Infinite existence is not singularity. All creativity originates from infinite existence. It's just that the experience of infinite existence is limited.

Healthy people experience illness and thus realize the importance of health.

Q: In other words, for a passive, infinite person, infinity has no meaning?

Wind: Hmm. The so-called passive infinity refers to the state before you descend. After you descend, you can only actively choose infinity.

Q: Once you're free, are you free forever? And is forever truly forever?

Wind: Yes. Once you're free, you're free forever.

Q: If he descends again, will he be an Avatar? Like Jesus, Buddha, or Yogananda?

Wind: Yes.

Dialogue 2
Q: Teacher, last time you said that people will recognize each other over billions of years. Does that mean that I (and others who have not yet awakened) have already been reincarnated for billions of years?

Wind: Of course. Although time doesn't really matter.

Q: Lester Levenson (The Sedona Method) said that he was freed from millions of years of struggle. Was Lester Levenson (The Sedona Method) deliberately understating it? Billions of years, what a concept that is!

Wind: Millions of years, billions of years, these are all figurative. Natural evolution takes a million years, but natural evolution does not necessarily bring you awakening. You can evolve to the point of accepting cosmic consciousness, harmonizing with nature, and then fall back into delusion.

Q: Once, Venerable Kriya Nanda asked how long he had been a disciple of the Master. The Master replied that it had been a very long time.

Wind: Yogananda traced his origins back to when he was still a diamond, starting from those hazy moments of consciousness.

Q: "Evolving to the point of accepting cosmic consciousness and living in harmony with nature," is it still impossible to awaken?

Wind: Hmm, that's not awakening, that's just approaching infinity. Awakening requires a proactive decision.

Q: What is the earliest time in your life that you go back to?

Wind: Actually, it has no beginning. Time is like a dream, without a beginning or an end. Waking up is waking up. Time doesn't have a beginning as you imagine.

Q: Without beginning or end?

Wind: Before you wake up, it has no beginning and no end. After you wake up, it is a dream, which you can enter or exit at any time.

Q: So, the painful struggle has no end? It's endless? Until awakening.

Wind: Yes.

Dialogue 3
Q: Teacher Feng, will we be able to wake up in this life?

Lester Levenson (The Sedona Method) : We preset the behavior of this physical body before we enter it to put us through experiences that we hope to learn from.

Q: Knowing that you would attain enlightenment this time? A: Knowing that you will achieve enlightenment in this lifetime?

Lester Levenson (The Sedona Method) : No. Knowing that in past lives you subjected yourself to the law of action and reaction, cause and effect, karma (they're all the same thing), and that you want to continue that game. You did certain things when you were in a physical body before, so next time you want to set up similar things in a hope of undoing some of the things you don’t like, and instigating the things you do like. But you cannot change anything that the body was preset to do by you. You're going to do exactly what you preset for that body before you came into it. There is no free will in worldly living. However, there is a free will. The free will we have is to identify with the real Being that we are, or to identify with the body. If you identify with the body, you're in trouble. So the free will is one of identity. Knowing this, it makes life much easier; you don't fight it. You aim for proper identity.

A: I don't know. But I do know that you've been bound by karma in past lives, and I also know that you want to continue this game. In past lives you did certain things, so this time you've set up similar things to eliminate what you dislike and continue what you like. But you can't change anything you've presupposed for the body. Before you entered this body, you were already prepared to implement what you presupposed for it. There is no free will in worldly life. However, you have free will regarding whether you identify with your true self or with the body. If you identify with the body, you'll get into trouble. So free will is a choice of identification. Knowing this makes life easier because you no longer struggle; your goal is the correct identification.

Awakening is entirely a matter of free will. If someone tells you, "You will definitely awaken," that's definitely false. Because it has always been your own decision.

Q: So, if I decide to wake up, nothing can stop me, right?

Wind: Yes.

A Conversation with a Master | Every time you release something, you help everyone work in harmony with the universe.
Dialogue 1
Q: Teacher, you said that reaching Nirbhabhapa Samadhi means completely releasing the karma of the material world and being truly free. At this point, are the remaining karmic forces of the astral body and causal body also free?

Wind: Reaching Nabikapa Samadhi doesn't even require releasing the karma of the material world. The perspective has shifted.

Q: Having released the karma of the material world, one has already reached the level of "Anagami"?

Wind: Hmm.

Q: When one reaches the first stage of enlightenment, has one actually reached the state of Nirbhabhapa Samadhi?

Wind: Yes. A Stream-Enterer will not regress.

Q: So that's why you said, "Reaching Nirbhabhapa Samadhi doesn't even require releasing the karma of the material world."

Wind: Hmm.

Q: Once you reach the "Anagami" level, is the karma of the astral body released, and is the karma of the causal body still there?

Wind: The karma of the astral body and the causal body remains. The "Anagami" will not return to the material world; in Buddhist terms, he still retains attachment to the form realm and the formless realm.

Q: Where do the saints Anagami go?

Wind: The "Anagami" saints go to the "Pure Abode," which is Hiranyalok, as Yogananda said.

Q: Why didn't the saints Anagam walk the entire route and reach the end directly?

Wind: "Why doesn't a master simply erase all his karma?" I asked, "when he's one with God?" "That's because in that state you don't care at all. You see it all as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who reach this level might even deliberately retain a little karma to keep themselves bound to this level for a while, for a higher purpose. Once you reach the highest state, 'nirbikalpa samadhi,' ego-consciousness ceases to exist. You are essentially free." "Master, what is it that allows a soul to return to the world after attaining ultimate liberation?" He replied, "He still retains 'desireless desire' to help others." It's not necessary.

Q: Well, if you reach ultimate freedom and become a Givamukhtar, can't you still continue to help people? Just like you and Lester Levenson (The Sedona Method) .

Wind: "Jivanmukhatha" (Editor's note: This refers to the fourth stage of Arhatship) will not return. Let me correct myself. Strictly speaking, "Jivanmukhatha" is the Hindu traditional name for all stages from the first stage to the fourth stage, but it can generally refer to someone who has reached the end.

When you reach the state of "Arhat", you no longer create new karma, and therefore you will inevitably attain "Pramukta", become "Siddhartha", and merge into the infinite.

Q: Strictly speaking, are you now an "Arhat"? Have you reached the fourth stage of "Nabhikāpā Samadhi"? Have you completely released the karma of your physical astral body and causal body? While retaining some desirelessness, in order to help others?

Wind: Hmm

Q: What does it mean that it says they won't come back?

Wind: It just won't come back.

Those who aspire to attain transcendence (i.e., Nirvana), whose minds are filled with right mindfulness (the third stage of enlightenment), and who are no longer attached to the desire realm, are called "upper-class people."

(Note: "uddha`msoto" means "upper-class person," referring to a person who ascends to higher realms, that is, an Anagami who will surely be reborn in the "Pure Abode Heaven.")

This is a verse from the Buddha. "Upper class" means there's no going back down.

Q: So, does that mean that once you reach the fourth stage of Arhatship, you will never come back?

Wind: When you reach the state of "Anagami", you will no longer return to the material world. When you reach the state of Arhat, you will reach Nirvana without remainder, which is what we usually call merging into the infinite.

Q: So, once you reach Sanguo, you won't be coming back?

Wind: It will not return to the material world, but will remain in "Hiranyalok" until it attains "Arhatship". The prototype of the paradise created by later generations is "Pure Abode", but "Pure Abode" is the abode of "Anagami" saints.

Q: Do "Arhats" also go to "Hilanyaloka"?

Wind: An "Arhat" will not go to "Hiranyalok," but will directly merge into infinity upon the end of their physical body. Upon reaching the fourth stage of enlightenment and achieving perfection, you will attain Nirvana without remainder. If you return there afterwards, you will be Avatar, who is the descent of a perfect, infinite being.

Q: So, Lester Levenson (The Sedona Method) merged directly into infinity after leaving the world?

Wind: I told you this a long time ago.

Q: Later I heard you say that after Lester Levenson (The Sedona Method) left, many of his disciples saw him.

Wind: merely in some form

Q: You also said that after merging into the infinite, you will not appear in any form.

Wind: To merge into infinite existence is not to disappear, but to exist without form.

Q: Ralf said that Lester Levenson (The Sedona Method) came to see him the day after he left. In what way did Lester Levenson (The Sedona Method) contact him?

Wind: In dreams. You can see Lester Levenson (The Sedona Method) in any form. Lester Levenson (The Sedona Method) is no longer a body; Lester Levenson (The Sedona Method) is now with everyone, in an infinite "form".

If you want to see Lester Levenson (The Sedona Method) in astral form, you will see him in astral form. If you want to see Lester Levenson (The Sedona Method) in physical form, you will see Lester Levenson (The Sedona Method) in physical form. It depends on your receptivity.

But he exists everywhere, at every point, in no place where he does not exist at this moment. Having merged into infinity, he will no longer appear in any form.

Q: If I have enough acceptance, is it possible for me to see Lester Levenson (The Sedona Method) in physical form?

Wind: Hmm, this isn't his "appearance," he's here right now. It's just that you haven't projected his physical form. It's not that a "Lester Levenson (The Sedona Method) " has appeared as a physical body, but rather that you're trying to communicate with a "Lester Levenson (The Sedona Method) 's" physical body.

If many people around the world simultaneously project Lester Levenson (The Sedona Method) 's physical body, they will all see Lester Levenson (The Sedona Method) 's physical body at the same time. However, this is not because Lester Levenson (The Sedona Method) has descended, but because of the omnipotent effect of being in infinite existence.

Q: After Lester Levenson (The Sedona Method) merged with the Infinity, he no longer became a physical body, but rather existed as an "infinite being." But if I wanted to see Lester Levenson (The Sedona Method) in physical or astral form (if I could accept that), could I still see Lester Levenson (The Sedona Method) in physical form?

Wind: Yes. Jesus and Buddha, both are fine. Lester Levenson (The Sedona Method) even told his students you could have coffee with Jesus. Question: To merge into the infinite, no longer being a physical body (physical, astral, causal), no longer reincarnating. Is a Siddhartha existing in every point in the universe as an "infinite being," continuing to help others?

Wind: Hmm.

Q: Will a "Siddhartha" continue to help others attain freedom, only in the form of an infinite existence, rather than a physical body?

Wind: It unconsciously projects itself onto everyone, helping others to attain freedom. In fact, Siddhartha's help is the greatest; it exists on an infinite level, but your mind cannot comprehend it. Therefore, you feel that the teachings of language and words are more helpful, but in reality, the intangible help is the greatest.

Q: The scope of Siddhartha's help is all life and all existence, while a Jivan Mukhtar only helps a few people?

Wind: Givamukhatha also helps all life. Masters are unconsciously projecting all life, even if you are in a cave. But Givamukhatha's game of helping others is not over yet; some limitations remain. Siddhartha is a perfect being.

Q: "Jivanmukhta" also helps all life. Which specific stage is being referred to as "Jivanmukhta" here?

Wind: From the first fruit to the fourth fruit.

Q: Can a "pre-stream" saint also help all life?

Wind: Yes. Not just for the "Pre-Stream" saints, every time you release something, you are helping all life. The world is merely a projection of the mind.

Q: How does it help? For example, if I reach "Nabhikpa Samadhi," but my mother doesn't study or practice, can I still help her?

Wind: That's much more helpful than sharing. People don't know how karma works. Releasing karma makes you more selfless, and as long as you have a selfless mindset, your mind will project a more perfect world. That's true help.

However, in an agflap state, so-called helping others is merely self-gratification; fostering the ego itself doesn't generate much help. As long as you are free, even doing nothing in a cave is more helpful than all the activists combined.

Q: Every time I release something, it helps my world, and it can also help my mother's world?

Wind: Yes, every time you release something, it helps everyone.

Q: Every time I release something, it helps everyone's world. Does "everyone" mean everyone?

Wind: Everyone is everyone.

Dialogue 2
Q: Teacher, how does karma work?

Wind: Karma is unconscious thought, program, action, and reaction. Program creates every thought you have; your thoughts are not free, therefore your actions are not free either. Program drives thought, and thought projects the world. That's how it works.

The world is just a display screen. Whatever you do in the world is like smashing the screen; you can't change any of the plots playing out on it.

Q: So, simply releasing the program can change the world?

Wind: Yes. It should be said that only releasing the program can change the world; otherwise, the world will behave according to the predetermined program. Within the program, you have no free will unless you decide to release it. So, no matter what you wanted to do before, I would always say, "Go ahead and release it." Trying to do something is useless; it's just being driven by the program, repeating past karma, nothing more.

Q: Can I change my family's world through release? For example, I want to heal my mother's illness through release (even if the illness is something she herself has predisposed to).

Wind: Okay.

Q: So, I can change other people's karma by releasing it?

Wind: You haven't changed anyone else's karma. This is the harmonious workings of the universe.

Q: Isn't this interfering with someone else's life?

Wind: You can't even begin to talk about interfering with karma right now. This is for free people, because free people can do everything and transcend all the constraints of karma.

You are currently driven by "karma," and all your desires are part of "karma," so you are only affecting your own "karma."

Even your mother's illness is your karma. You can't interfere with other people's karma; interference is a big word, and you can't interfere with others before you've attained liberation.

Q: My mother is sick. Is it my karma? This is her life, so why is it my karma?

Wind: There is no separation, she is a scene of yours.

Q: Before she came, she predetermined her own life, that is, her karma, which led to her illness. Is this also my karma?

Wind: She's just a scene in your picture. Lester Levenson (The Sedona Method) has said that many times.

Q: To change my attitude, do you mean that I see him as part of my consciousness, with no basic understanding other than a perfect consciousness, and I don't think of him as a restricted individual?

Lester Levenson (The Sedona Method) : Yes. It's a fantastic way. It works, doesn't it?

Q: It works perfectly. Yes, it works instantly.

Lester Levenson (The Sedona Method) : People actually become what we perceive them to be.

Q: So, if Lillian tells me she wants a bigger house, do I need to clear my own mind of wanting her to fulfill my desires? Because it's just my thoughts that made her think about it, right? I don't need to think about Lillian; I only need to think about myself, my own happiness, and then she will be happy. That is, my own happiness will lead to that ultimate happiness.

Lester Levenson (The Sedona Method) : But you have a separation: "Lil" and me.

Q: I've had this question for a long time, you know, ever since I met you.

Lester Levenson (The Sedona Method) : Sometimes you don't have that question; you just say, "Who is 'Lillian' outside of my consciousness?"

Q: Yes, I said that. I said that a few minutes ago. I only need to deal with my own consciousness.

Lester Levenson (The Sedona Method) : Okay. So that includes "Lillian," right?

Q: Yes, that's right.

Q: That includes a bigger house too. (Laughter.)

Q: I have to break free from the limitations in my own consciousness. Anyway, that's everything I'm dealing with. I'm not dealing with "Lilian" or the house or the land; I'm dealing with my own consciousness.

The obstacle lies within myself, or perhaps it isn't limited within myself. And, as you said: if I were infinite right now, I could do it now! I don't need to wait until I get home.

Lester Levenson (The Sedona Method) Levenson: Yes.

Q: We need to act quickly!

Q: When you get home, Lil, you have to be happy with your house as it is.

Lester Levenson (The Sedona Method) : If you accept it, when you come home, the same house can become twice as big. It will be so natural that you won't even feel it. You will enter a house that is twice as big as when you left. Question: So, my mother's illness, my relatives' debts, and so on are all my karma?

Wind: Karma is your desire, thought, wanting. Programs are feelings, driven by desires.

Taking full responsibility means that you are fully responsible for the entire world you created, including the rising sun, the movement of dust, and the vibration of atoms—all of which you created.

It's just that you're not aware of it. If you become aware of it, you can consciously create what you want, instead of what you don't want.

Q: For example, if some of my relatives and friends are sick, can I help them get better through releasing them? Even if they are paralyzed for several years?

Wind: Regarding questions like "Can you do xxx?", I hope you remember a quote from Lester Levenson (The Sedona Method) :

"Every impossible thing, no matter how impossible, becomes immediately possible as you completely release yourself from it."

I've actually answered this type of question many times. The answer is always yes.

Q: What exactly does the "harmonious operation of the universe" mentioned above mean?

For example, I heal my family by releasing them; is this the harmonious workings of the universe?

Wind: At the same time you have an idea, she will also have a corresponding idea, exactly the same.

Therefore, you don't need to use words or actions to change her mind.

You only need to manage your own thoughts, and the world will change.

Ultimately, there's nothing to do except release negative feelings.

A Dialogue with a Master | From 1970 to 2090, Only the Liberation Method Can Achieve Freedom
Dialogue 1
Q: Okay. Jesus and Buddha are omnipotent. They also want to help us achieve freedom. So why don't they just help us do it directly? Omnipotence is omnipotence.

Wind: I've answered this question many times. Of course they could have done it, but they didn't choose to.

Q: Why?

Wind: They don't offer forced help; when you choose freedom, you are naturally free.

Q: So, you're saying that we don't have freedom, just for a very simple reason—we don't want freedom at all? That's why the master wouldn't force us?

Wind: Yes. Lester Levenson (The Sedona Method) has said it many times: nothing can stop you if you want freedom. Once you achieve the first step, you will automatically fall into the next five.

Achieving freedom can be as simple as "willing it," and then you are free. The only reason you cannot be free is because you don't want freedom.

Q: If I really want freedom, but I don't have the method of liberation or other correct means, can I still achieve freedom?

Wind: If you truly desire freedom, you are already free.

Q: In other words, is it possible to instantly transform from an ordinary person into a saint? Has anyone in history ever done this?

Wind: [Student: I have a question because this is something I did last night... I've reached a crucial point that's making me a little confused, even about my own intentions...]

Lester Levenson (The Sedona Method) : Yes. The key here is whether you can refrain from being an actor. If you can't refrain from being an actor, then intention is useful. Intention is effort, effort to cancel effort. But there's a power in there, the power of intention, which you can use to reduce intention. Intention is good because if you make a decision, you can intentionally give it all. I haven't seen the first person do that.

Okay, so what's your question now?

Student: You just answered me.

Q: When a person really wants freedom, can a master use his omnipotence to help him obtain freedom?

Wind: Sure, that's easy.

If you truly desire freedom, you don't need to ask anyone for help; you will directly achieve the first step and enter "Nebikapa Samadhi."

Q: Teacher Feng's visit this time made me realize that the lack of freedom is simply due to not wanting it. I used to think that all I wanted was freedom.

Wind: Those who wanted freedom are already free. Those who remain do not want freedom. It's actually very simple. Judging whether someone wants freedom is very easy.

Q: So, there's no need to force others to learn?

Wind: Hmm, there's absolutely no need for that.

Q: Because when they truly desire freedom, they can achieve it at any time? And the Master will help them, no matter what world they are in?

Wind: Yes. It's quite amusing how the mind always thinks it's doing something important. The mind thinks it's saving the world. But in reality, everyone is an infinite being; no one needs to be saved, and no one can be destroyed.

Q: "It's very simple to judge whether a person wants freedom or not," teacher, what kind of judgment are you referring to?

Wind: Suppose someone says they want freedom, but they don't have freedom, you know it's false. That's what I mean by judgment. Those who want freedom are already free. [Q: Overriding unconscious habits is hard to do because they keep sneaking up on you and you don't realize sometimes you've got them. Lester Levenson (The Sedona Method) : It depends on how strong your desire is for the thing that you want as to whether the unconscious habits

override it. We have infinite power, infinite will, and when man so wills he's immediately set free.]

Q: Gee, that sounds so easy. Lester Levenson (The Sedona Method) : That's the easiest way to do it. Just will it! And it's possible for everyone of us, because we are infinite and therefore have infinite willpower. And the reason why we don't do it is that we don't have that much desire for it. We still have more desire to be limited bodies.

Q: The ultimate method, "What am I?", is almost unusable for anyone on this planet. Is it because almost no one truly desires freedom? Or is there another reason?

Wind: That's the reason; the will isn't strong enough. Therefore, a gradual, scientific approach is needed. You can gradually confirm your gains and the source of your happiness to change your direction.

But if you ask "What am I?" and become interested in other things before getting an answer, you have to start all over again; all the previous efforts were wasted. Some people just focus on that question and turn it into a form of meditation.

The "Release Method" encourages you to get everything you want and provides simple and easy-to-follow specific methods to get you to your destination as quickly as possible.

Other methods, because they conflict to some extent with worldly ways and provide guidance in behavior, will take you several lifetimes to learn.

If you want to achieve freedom in this lifetime, then use the Liberation Method. If you don't mind achieving freedom in future lifetimes, you can use other correct methods, which are also helpful, albeit slower.

Q: So, is the ultimate method also one where you can't stop at all, until you reach the finish line?

Wind: Hmm. The ultimate question is, once you get interested in something else, all your efforts are wasted. It's not enough to just stare at that sentence. As long as your interest isn't in getting the answer to the question, all your efforts are wasted.

Dialogue 2
Wind: Only in the realm of "Nebokapsa Samadhi" can a method for awakening be discovered.

Q: When you achieved "Nabhikpa Samadhi," did you have the ability to discover the methods?
A: Yes. At that time, I saw all 112 methods, without missing any.

Q: Did the master obtain all these methods from Samadhi?

Wind: Yes. There's no method invented through the mind.

This is why you shouldn't change anything. You can't use your mind to change a method discovered in "Samadhi." Changing the questioning process is the work of a master, and no one who is not awakened can do this work.

Q: Is it possible to increase it?

Wind: It will not increase, and the pathways will not increase. The master will adjust the specific operation method.

Q: Just like Lester Levenson (The Sedona Method) added one, release method

Wind: There are no new additions to Lester Levenson (The Sedona Method) Levenson. The release method was simply something that hadn't been revealed before; it's being revealed for the first time in history.

The reason I'm saying this is to tell you that methods similar to the release method are not the release method. There are many methods that look similar to it.

Some people might tell you that the "Four Foundations of Mindfulness" is a method of liberation, others might say that a certain ancient method is a method of liberation, and still others might say that a certain modern method is a method of liberation. But in fact, the method of liberation is being discovered for the first time.

Q: Was the release method specifically prepared for this era?

Wind: Yes. Yugananda chose to leave after Lester Levenson (The Sedona Method) fully awakened, which also marked the end of the era of the Guru.

Lester Levenson (The Sedona Method) can only help a small minority, and only a very few people in this era will awaken. Those who have this method have a chance.

There will be many fake masters in this era, but only the path of liberation can lead to freedom. Therefore, those who claim to have achieved freedom through other means are all fake masters.

I'm referring to those who awakened after 1970. Apart from those who had already awakened in their previous lives, only the Liberation Method can achieve this after 1970.

A person who has awakened through other means will recommend the release method to you, regardless of how they awakened themselves, because the master knows everything.

Q: Even the ultimate method taught by Ramana cannot achieve this?

Wind: Theoretically, the ultimate problem is the fastest, but in reality, no one on this planet can use it right now.

Q: What about Kriya Yoga taught by Yogananda?

Wind: Will not be free in this life. Kriya Yoga's requirements are too high; it belongs to Raja Yoga and is a comprehensive path.

The release method is the only simple and easy method in this era.

[Video 13 Dialogue with the Master - 1970-2090 Only the Liberation Method Can Achieve Freedom]

In the video above, Lester Levenson (The Sedona Method) has told his students many times that the Sedona method is the only one that is currently effective, and that most people who don't know about the Sedona method will take a very long time to achieve freedom.

Q: If we don't use it to its fullest potential, then we are truly the most foolish people in the world.

Wind: You have no reason not to use the Release Method, whether it's towards awakening or a better world; it's the most efficient method. Not only efficient, but also simple.

Because you will all experience lows, and when you're going through a low, it's easy to give up. If there's something that looks tempting at that time, you'll be drawn to it.

So what I want to emphasize is one thing I know: in this era, since 1970, in these 120 years, only the Liberation Law has been able to reach its end.

Giving up the release method is equivalent to giving up your freedom in this life, no matter what other spiritual methods you switch to.

Conversations with Masters | The Secrets to Success and the Departure of the Masters
Dialogue 1
Q: Teacher, Lester Levenson (The Sedona Method) encourages everyone to do things through action in Way 2, but he also mentioned in his autobiography that it is necessary to do them in a secluded place. Isn't that a contradiction?

Wind: No, you misread it. Lester Levenson (The Sedona Method) talked about isolation elsewhere. You can only isolate yourself in one place, and that is to quiet your mind.

You cannot isolate yourself by isolating yourself from external things. The only place you can isolate yourself is through mental stillness.

Q: Lester Levenson (The Sedona Method) also mentions in the first chapter of The Road to Ultimate Freedom, things like "locking yourself in a room and putting a lock on it," etc.

Wind: That's an explanation of omnipotence. You just need to release it; you don't need to do anything, and it will work.

Q: Isn't this about things at the behavioral level?

Feng: No. The context was that a student asked him if he needed to go out and find a job. He said no, just release it, adding a lock would also work.

This emphasizes that you don't need to do anything, you just need to let go.

Q: But Lester Levenson (The Sedona Method) did isolate himself at home when he began his exploration, and he said so in his autobiography.

Wind: If you don't believe me, just try it and see. Try isolating yourself and see if it helps.

The group leader and the others tried it themselves for a few days. After their seclusion, the group leader, Aheng, and others concluded that it was completely useless; it only helped them escape and not release their pent-up emotions.

Q: So what was the story behind your seclusion?

Wind: I didn't deliberately shut myself away, I didn't force myself to do anything. I wanted to reach the end, I just released myself again and again. I didn't shut myself off, I just forgot to connect with people.

Q: Teacher, could you tell me about your secret to success?

Wind: Lester Levenson (The Sedona Method) Levenson’s Six steps to Freedom (Original 1992 Sedona Method).

Q: Why can you do it, while so many people can't?

Wind: Six steps. Because you need something else, but I only need six steps.

Q: So, it must be done through action.

Wind: The key is that you didn't do it. Not long after, you thought of another mental problem and started studying it, just like this one. There are no contradictions in the six steps, but if you

scrutinize Lester Levenson (The Sedona Method) 's words and misinterpret them with your mind, you'll always find so-called "contradictions." It will immediately lead you in a limiting direction.

Those mental problems, those deviations from the six steps, will lead you away from freedom.

I have a highly intelligent mind, but I use my intelligence correctly, that is, I recognize the limitations of the mind.

Throughout the entire process, I only focus on six steps. I don't need anything outside of those six steps. If there's a secret to success, this is it.

People who keep collecting information will never reach the end, especially since their intellectual minds are not yet able to distinguish the information.

Q: So how do I reach the finish line?

Wind: Six steps.

Dialogue 2
Q: Teacher, are you really leaving for good this time?

Wind: Hmm. I will leave this world. Question: Directly merge into infinity?

Wind: No. No longer communicating with people. What people call isolation.

Q: Is this your inner guidance?

Wind: Yeah, once I made up my mind, I did it.

Q: Teacher, why can't we continue to help us?

Wind: Leaving is the best help. I can see the whole picture. If I stay here, no one will be free. Dependence is fatal to growth.

Q: But can you help me when I need you?

Wind: To leave completely is to help. Does an infinite being need help?

When you seek help from the outside world, that is an opportunity; be aware of it, and let go.

Find everything you want within yourself; absolute security can only be found in your infinite existence.

Of all the help you can receive, there is none better than destroying all your pillars.

Lester Levenson (The Sedona Method) told me the world would "break his pillars," so everyone would be forced to look inward for answers. "That's good," he said. "Not an explosion, but an ascension," he laughed. Currently, people are always seeking happiness externally through various escapes the world offers. Eventually, he predicted, when this external escape becomes endless, we will be forced to inhabit our inner selves. "That's a good thing," he said, "because people will be forced to find answers, to know who they truly are, just like I was." He always told me he was especially grateful for his heart condition.

When all external escape methods are defeated, you will be forced to look inward, but you can become more conscious and proactive, instead of waiting until a gun is pointed at your head before you act.

You all know yourselves very well, even if not very deeply, but you are aware of your own actions.

If you become dependent, you'll cling to things. If you depend on the outside world, you won't discover the infinite potential within, and these things are all very simple.

The release method (Original 1992 Sedona Method), as a self-reliant approach, doesn't have many problems. All the problems arise when you deviate from the six steps; therefore, you either return to the six steps and continue releasing, or you move towards limitation.

As someone who has attained ultimate freedom, I cannot be here.

Q: Why can't the truly free people be here?

Wind: Lester Levenson (The Sedona Method) has been here for decades, repeating the same thing over and over and over and over again, in his own words. He keeps saying the same thing over and over.

A year before he left, he told one of his students, "I can't stay here. If I stay, you will only depend on me, and no one will be free."

Because they believed Lester Levenson (The Sedona Method) was there to guide them, they kept forgetting. Not long after Lester Levenson (The Sedona Method) left, the woman at the Sedona Institute was released.

I talked a lot with Lester Levenson (The Sedona Method) about his past; when he was alive, no one gained freedom under his guidance.

Q: You chatted with Lester Levenson (The Sedona Method) Levenson?

Wind: I often chat with Lester Levenson (The Sedona Method) .

Q: Is this master of freedom a teacher or a student of the "Liberation Method"?

Wind: Students. No "liberation" teachers were granted freedom. Moreover, most of the "liberation" teachers appointed by Lester Levenson (The Sedona Method) were those he felt were less inclined towards good, that is, more inclined towards the world.

Q: How did you guys talk?

Wind: Free people need no medium to communicate. It exists at every point. There is no separation between us.

Q: I no longer have any intention of becoming a "release method" teacher.

Wind: You might have it in the future, unless you release the drivers of those programs. If you don't release them, they will keep driving you to do weird things.

All brilliance and creativity originate from infinite existence. The mind is a mechanical program, capable only of repetition. Perhaps it can be said that a person who is freed from the mental program truly begins to live; before that, they are merely a robot constantly being driven.

Q: Yesterday, a friend contacted me to discuss the release method. He then sent me some money, which I refused, even though I'm quite poor right now. I don't want to charge for the release method.

Wind: Well, making money this way will give you the wrong feedback. It's substituting talking about liberation for actually doing it. These are very easy to stray from the path. Furthermore, spiritual books are most likely to lead people astray because when reading them, people deceive themselves into thinking they're on the right path. When you stray, if you know you're straying, you can turn back.

Therefore, you don't need anything beyond the six steps. Lester Levenson (The Sedona Method) Levenson’s The Way lecture is good, and the books by those masters are good. The ultimate path to freedom is also good.

But they're not good if reading them makes you stop releasing. Ralph used to hold a book by Ramana Mahashi and read and studied it constantly.

Later, Lester Levenson (The Sedona Method) said, "You're crazy. You could have let go." Lester Levenson (The Sedona Method) told me that he had tried countless times to correct his students' tendencies. His students would come up with many ways to escape, such as asking "What am I?", which is a very sophisticated way to escape.

Lester Levenson (The Sedona Method) advocated this approach for a period of time, but they were merely escaping liberation.

He taught this method during a time when it was still possible to succeed. By the end of 1970, no one would succeed using this method anymore.

Q: Teacher, is there anything else you want to say to me?

Wind: Actually, there's no need to say anything above; the less said, the better. Is accumulating mental knowledge useful? To achieve freedom, all that accumulation must be released.

Even Venerable Kriya Nanda was hindered by his verbatim recitation of Yogananda's teachings. Was it useful? Absolutely not. He substituted writing and promoting his guru for actual practice. Freedom, however, must be achieved.

Q: Where did Venerable Kriananda actually go?

Wind: Venerable Kriya Nanda reached the stage of "meditation", but not Samadhi.

Q: So it will still revert?

Wind: Well, if you can't do it, no amount of talking will help.

Q: Did Master Yogananda continue to help him?

Wind: The best help is to leave.

Q: Is it the best help for Yogananda to leave Kriananda?

Wind: As long as Yogananda is present, he will always look to his guru, always regarding him as the source of knowledge and power. But this is not true freedom. No matter how he calls, Yogananda will not come. To change direction, you must find no security externally. Only when you cannot find a master externally will you find one within yourself.

Q: You did not rely on a guru, is this an advantage for your success?

Wind: Hmm. And I never thought of calling upon Lester Levenson (The Sedona Method) or any other master. When I was studying Mahayana Buddhism, I leaned towards Zen Buddhism and distanced myself from Pure Land Buddhism. That was my strength; I just wanted to walk my own path.

Q: Self-reliance.

Wind: Yes, that's been a tendency of mine for a long time.

Q: I found your sharing in the group quite helpful before.

Wind: When you feel that something is useful, you will keep looking at it. Going back to the six steps would be very simple. But looking at other texts, even the teachings of masters, even the teachings of Lester Levenson (The Sedona Method) himself, will make your mind increasingly complicated, because the mind tends to be complicated.

You also like "attachment to rites and rituals," the idol worship that is forbidden in the teachings of Moses and Jesus. The Buddha called a type of behavior "attachment to rites and rituals," which means believing that activities such as sacrifices are beneficial to liberation.

Actually, it's useless. All your efforts in organizing photos of masters are completely pointless. On the contrary, it's based on a wrong view, the view of "attachment to rites and rituals."

You believe that things related to external appearances and rituals are helpful, and when you do so, you deepen this insight and distance yourself from the infinite existence that can only be found within.

You know the masters, yet you still treat them with worldly superstition.

Q: Yes, I have to admit it. So what should I do?

Wind: What to do? There's only one solution. Six steps. Release. If I told you there was a second solution, you wouldn't release it.

Q: Teacher, please point out any mistakes I made.

Wind: You are making a mistake right now because you are not releasing, and not releasing is a mistake. Anytime, anywhere, not releasing is a mistake, even if you are listening to me.

Q: Teacher, could you leave me a letter before you leave?

Wind: No. Six steps. Follow Lester Levenson (The Sedona Method) Levenson’s Original six steps to reach the finish line.

I hope that after I leave, you will no longer rely on those words or anything else, but will go straight to the end.

Again, nothing more than the six steps is needed. Whatever happens, it's just the six steps.

Wind: By following Lester Levenson (The Sedona Method) Levenson’s Original 6 steps to Freedom, the entire journey can be completed in one to two months, reaching the destination (omniscient, omnipotent, and omnipresent).

Lester Levenson (The Sedona Method) 's explanation of the release method
2021-09-25 Brave Core 2 350 reads 3 reposts

"Photo of Lester Levenson (The Sedona Method) "

Translation: Excerpted from the recording "Lester Levenson (The Sedona Method) on the Mind" by Feng (Wind)

Anything you develop in your mind will prevent you from reaching the top. The mind is your greatest enemy.

All this suffering is meaningless; I've had enough. I'm ending it all. I will do everything I can to stay in this state.

It will take a month, maybe two months, for you to release all of your agflap.

But all in all, I believe we have the only way to free the mind by bringing subconscious programs to the surface, which allows the mind to become still.

We first enter the conscious mind to release control and identification (desire for love, recognition, approval, validation). As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and after that you'll still have anger, you'll still have other emotions.

When you release the desire for control, everything beneath it is released. And when you release the desire for security, you release all the desire for recognition and control, and everything beneath them.

You're at your lowest point right now, so you can't push towards the safety you desire. You're overwhelmed, you're terrified of death, and you're letting it control you. But when you release a significant amount of control and identification, you'll be able to face the fear of death.

But as you can see, our approach is actually about unleashing the mind's drive. Don't try to develop your mind; by doing so, you are developing your enemy, developing what binds you.

What happens when the mind is completely still? Well, I have always been omniscient; I have always known everything.

But you have to let go of the habits you use to survive 24/7, we call them agflap (AGFLAP feelings). When you let all the agflap go, your body is still there, and the world doesn't disappear, but it's like a mirage.

You move forward and find it's just a desert. You let your body do what it was before, whatever that may be. But you won't disappear. You're too afraid of losing your bonds.

Everyone is combining release with other things, and when you do that, you slow down the release process. If you need something else, you slow down the process in terms of method.

You don't need to chase after your feelings after you've experienced them; they're with you all the time, and you're running away from them all the time.

The first point is about survival; nothing is more foolish than working just to make a living. You are eternal.

Let me be blunt with you: becoming number one in the entertainment industry is about trying to be the strongest version of yourself. And then what do you see happen to them? How happy are Burt Reynolds and Glenn Ford? I can only talk about my peers; I don't know who's popular right now.

How happy are they? Do you know them? Have you ever spoken to them? They suffer more than a worker. They use drugs, and despite knowing they shouldn't, they get hooked. They drink alcohol, and they're addicted to it. Some of them have committed suicide.

They were undoubtedly those who gained fame and fortune, and then they committed suicide. Some people did it later. Judy Garland (movie star) did it then.

Well, who doesn't die? Where will the new prince be a hundred years from now? Walking around in front of the crowd? (Laughter)

Unfortunately—and you might have to be very careful about this—the most successful people don't gravitate towards freedom. And the wealthy people I've talked to, they can feel a sense of security around me that they don't have.

They told me they wanted to too. But when it came to taking the course? They couldn't. They looked at me, disdainfully. They'd made millions. I wanted them to think I was poor because it was those millions that were holding them back, especially the wives of wealthy men.

I was once invited to a high-society party in New York, where I was part of their social circle. They asked me, 'Can you help us?' I said, 'Yes, but you should know that money isn't everything.' At that point, the curtain would fall, they would leave, abandoning me to stop wasting my time.

But these wealthy people have this mindset: 'I can do it easily, I'm successful.' Of course, if you can consciously use it to demonstrate that you are the master of the world, that's what I recommend.

When you become the master of the world, enjoying the praise of our stars, you can't stay there. You must set out to master your mind. See, first you master the world, then you master the mind, and then you are a master.

What is mastering your mind? It's simply removing your agflap. Then you truly control your mind; you can act out any feeling, and you can choose any action without any hesitation.

Once you're free from your agflap, you can act out any emotion, much better than when you had it. You can use them to communicate when you're in the world. If someone is extremely angry and you say, "Oh, what a wonderful world, everything is so beautiful!" they won't hear a word. But if you start saying, "Oh, yes, blablablabla," they'll listen to you.

Once you are free, you will play games, role-play feelings, and establish connections with others. You must be at this level for them to connect with you.

So sometimes we still use feelings to communicate, but the difference is that feelings no longer operate on you; instead, you operate on your feelings. However, now feelings are operating on you.

Wind -- Part 2

WeChat Official Account: Release the Law Diamond Island (Wind’s chat history)

Lester Levenson (The Sedona Method) Levenson’s Six Steps to Freedom

How to achieve and complete the first step of the six steps? (Part 1)

The profound impact of the release method on all aspects of life

The wind's pursuit of freedom

Untitled 2021-12-31

[On Freedom] Why do I want to play this game of having a finite body?

You can't force yourself to release; you'll only release when you see the benefits it brings. So please constantly confirm the gains you get from releasing and your direction.

Just follow the process and focus on releasing your energy in this moment.

Sustained release is important, and it's also simple.

When you continuously release, you will automatically isolate yourself; when you are determined to turn inward, nothing and no one can disturb you.

Wind's Sharing: On Resistance, Unwillingness, and Escape from Release

The first step of the six steps corresponds to "stream-entry" in the Agamas and "Nabhikāpā Samādhi" in Yoga science.

Why does the Sandona Liberation Method emphasize the word "original"?

"Six Steps to Talking About Wind" Serialized Part 1 | Editor's Preface: Implementing the Six Steps to Release

"Six Steps to Popular Talk" Part 2: How I Did It

"Six Steps to Talking About Wind" Serialized 3 | Using the Six Steps: Step One - Remind Yourself to Release

"Six Steps of Wind Talk" Serial 4 | Do I want freedom now or control and recognition?

"Six Steps to Talking About the Wind" Serial 5 | How to Take the First Step: Wanting Freedom More Than Wanting the World? (Part 1)

"Six Steps to Talking About the Wind" Serial 6 | How to Take the First Step: Wanting Freedom More Than Wanting the World? (Part Two)

"Six Steps to Talking About the Wind" Serial 7 | How to Take the First Step: Wanting Freedom More Than Wanting the World? (Part 3)

"Six Steps to Talking About the Wind" Serial 8 | How to Take the First Step: Wanting Freedom More Than Wanting the World? (Part 4)

"Six Steps to Freedom" Serial 9 | How to Get to Freedom Faster

"Six Steps to Talking About the World" Serial 10 | The desire for freedom is not based on hatred of the world

"The Six Steps of Wind's Talk" Serial 11 | Wind recounts how he achieved the first step: wanting freedom more than wanting the world.

"Six Steps to Wind" Serial 12 | Wind: I saw what Lester Levenson (The Sedona Method) said about all happiness coming from within, and I decided to go towards freedom.

"Six Steps to Freedom" Serial 13 | If you truly decide to be free, you will do it immediately; if you truly decide to be free, you will not stop until you reach freedom.

"Six Steps to Talking About Freedom" Serial 14 | Whether or not to decide on freedom is entirely a matter of free will; no person or thing can make that decision for you.

Untitled 2021-12-02

Untitled 2022-02-18

Six Steps of Wind Talk

Six Steps to Freedom
"Six Steps to Release the Wind" - Diamond Island, 2021-11-26 00:00

The Six Steps to Freedom

Sharing time: September 30, 2020

Feng (Wind): Lester Levenson (The Sedona Method) likes to use the simplest language to express difficult concepts, so I try to keep the translation as colloquial as possible and avoid using big words. I can't find the original six-step version (note: the six-step version I've seen in Larry (Lawrence Crane / Larry Crane)and Hale Dwoskin's books and workbooks has been modified from the original). Lester Levenson (The Sedona Method) Levenson didn't discuss the six steps in detail; he mentioned them scattered throughout, or just briefly mentioned "six steps," but piecing them together is roughly correct. I'll try to retranslate it using his original words.

Lester Levenson (The Sedona Method) Levenson’s Original 6 Steps to Freedom (Original 1992 Sedona Method)

Step 1: You must want True Freedom more than you want the world.

(You must want freedom more than you want recognition and control; recognition and control = the world.)

Step 2: Make the decision to be free and stick with it.

Step 3: All feelings come from wanting control and wanting recognition; they are survival programs. Release them.

Step 4: Continue to release.

Step 5: When you are stuck, release the desire to change the feeling of being stuck.

Step 6: Every time you release, you become more joyful, relaxed, and free from limitations. With each release, you will become more joyful, relaxed, and free from limitations.

Feng: Alright, here are the six steps I've pieced together from Mr. Lester Levenson (The Sedona Method) 's scattered words.

Wind: This is a six-step process from a 1992 Sedona Method's workbook. They're all pretty much the same; use whichever you prefer. Step 1: You must desire calmness more than you desire approval and control. Step 2: Decide that you can use this method to achieve calmness. Step 3: Recognize that all emotions stem from two desires: the desire for approval and the desire for control. Immediately recognize and release the desires for approval and control. Step 4: Make it a habit. Release all your desires for approval and control, whether alone or in front of others. Step 5: If you get stuck, let go of the stuck desire for control. Step 6: Every time you use this method, you will feel more relaxed and happier. If you continue to release, you will continue to feel more relaxed and happier.

Sharing time: October 16, 2020

Feng: Keep the six steps close at hand, pay attention to each one, and use each step to remind yourself. Here are some snippets of Lester Levenson (The Sedona Method) 's mention of the six steps, pieced together from several audio recordings: 1. You must want freedom more than you want the world (approval and control). 2. Make the decision to go free. 3. All feelings culminate in two wants: wanting approval and wanting control. 4. Make release constant. 5. If you get stuck, let go of the want to change the stuckness. 6. Each time you release, you are happier and lighter. You have more motivation to go free.

I translated two versions: one is the 1992 course version, and the other is the version from Lester Levenson (The Sedona Method) 's audio recording where he explains the six steps. Both versions are usable and are quite similar. Use whichever you prefer. The course version is more standardized, while Lester Levenson (The Sedona Method) 's version is more concise.

Roller Coaster: Sometimes I find it easier to understand when reading English.

Wind: If you can understand English, it's best to read English. There are some things I find difficult to translate because Mr. Lester Levenson (The Sedona Method) 's concise and direct style is hard to capture. I am Infinite: It seems like these are roughly the same versions. Wind: Pretty much the same, just changing "freedom" to "calmness" and "change" in step five to "control."

In his advanced courses, Lester Levenson (The Sedona Method) likes to use "freedom," but in the course he probably felt it wasn't very relevant for beginners, so he changed it to "imperturbability."

According to Lester Levenson (The Sedona Method) , imperturbability is a state of absolute tranquility where no one or anything can disturb you. (Note: Hale Dwoskin's book mentions releasing the desires for "separation" and "union," which is incorrect and does not conform to the original method of release. To avoid confusion for those learning release later, Feng's clarification on this point is also included below.) Feng: (Hale) He added Lester Levenson (The Sedona Method) 's concept of separation from other sources, probably the audio of "Goals and Winning." Lester Levenson (The Sedona Method) talked about separation, considering it fundamental, but it's not something you deliberately release in the method. Lester Levenson (The Sedona Method) only asks you to release three things: first, release the two major desires of wanting recognition and wanting control; then, the fear of death (the desire for survival/safety) will automatically emerge and be released. Then the entire mental drive disappears, the mind becomes completely quiet, and you no longer identify with your body mind, but instead identify with your infinite beingness. This separation ends, leaving only oneness.

Hale Dwoskin’s inclusion of separation and oneness in the release of targeted desires is incompatible with the method. Releasing only two desires is sufficient. If you frequently feel a desire for security, then release three. The eighth video in the course asks about all three desires together; they may have already encountered the desire for security within just a few days. The key is to only release the desire for control and the desire for approval; ignore everything else, as all feelings are driven by them. Once two desires are released, those feelings will dissipate on their own.

How to achieve and complete the first step of the six steps? (Part 1)
"Six Steps to Release the Wind" - Diamond Island, 2021-11-27 14:25

Let's first see what Lester Levenson (The Sedona Method) had to say about the first step.

Lester Levenson (The Sedona Method) : Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally came about. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want recognition and control," since recognition and control are synonymous with the world. But I think it's better to say "You must want freedom more than you want the world."

If you do that, your next action will be to turn your gaze away from the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here. So the first step is that you must desire freedom more than you desire this world.

—Excerpt from The Way Part 1

► How to use the first step?

Now, do I want freedom or recognition and control? You can want control and recognition, but you must desire freedom beyond them. Right now, if you prioritize control and recognition over freedom, you won't let go. Actively use the first step to remind yourself to let go. "Chat history"

► How can we truly achieve "wanting freedom more than wanting the world," and how can we turn ourselves in the direction of freedom?

Sharing 1: By continuously releasing and confirming your gains, you can confirm the source of your happiness. Sharing time: November 17, 2020

Wind: The way to change direction in the release method is by constantly confirming your gain. You will want to release because you benefit from it.

For example, if you have an exam today and you've previously succeeded through diligent study, you'll study hard. But if you succeeded through release, you'll go for release. You need to make sure all your gains come from release.

Get everything by releasing only. It's important to gain benefits initially, allowing those gains to support you towards even greater gains. Simply put, you only turn and take the first step when you see the world as equal to suffering and all happiness as originating from within. As long as you believe happiness exists in the world, you will stop chasing after it.

If you frequently listen to the audio and watch the videos, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is, "Have you ever experienced an inner picture change that immediately changes the outside world?", and the other is, "Have you discovered that all happiness comes from within?"

You really can only take the first step if you discover this. In classical texts like the Agamas, it's described as seeing suffering and seeing the cause of suffering. But when Lester Levenson (The Sedona Method) says it casually in plain language, you'll overlook it.

So changing direction isn't about shouting "I want freedom," but about gradually confirming that your gain comes from liberation. Nothing is outside of these six steps.

You can't just resist or hate the world; that won't do any good. Unfortunately, when most people cry out for "freedom," what they're suppressing is their loathing of the world. But loathing and craving are two sides of the same coin; they are two directions of desire.

[

Wind: Disgust (aversion) and longing (desire) go hand in hand. When you hate the world, you don't want freedom. You feel the world isn't good enough, and you want a better or different world.

]

It only works if you actually take the first step at an experiential level. Through continuous release, continuously confirming your gains, confirming your source of happiness. Okay, release, from gaining a little benefit to gaining all the benefits. There's nothing else to say.

Sharing 2: You've been trying to find happiness in the external world, using desired goals to evoke and release feelings, constantly seeking the source of happiness, until you experience that the source of all happiness is "a quiet mind, allowing the infinite inner existence to reveal more." At that point, you'll change direction and achieve the first step. Sharing time: November 17, 2020

Z: Wind, these past two days I've experienced a release where I find that what I want actually makes me resist a lot, while what I don't want actually feels "beneficial." These external things I want/don't want are illusions because I've given them meaning. What's the next step? Should I continue with the target process, etc., to pull out more negative processes?

Wind: If you want something, go for it. That's what Lester Levenson (The Sedona Method) taught you. The more you acquire, the more you discover the true source of happiness. When you truly achieve this, you don't even need to think about it anymore. You don't need to think about whether you want freedom or the world; every action and choice you make from then on will naturally tend towards freedom.

But if you still retain the possibility that "happiness exists in the world (person, place, thing, event)," you won't achieve it. You'll subconsciously look for happiness elsewhere, and this becomes your goal; you need to use this goal to outline the process.

Only by achieving your goal will you realize that the program has been working on you all along, and your direction will truly change. The first step is not just a slogan; the six steps form a very comprehensive map.

You need to confirm what you've gained through liberation until you discover that all happiness comes from one thing—infinite existence. Discover, as Lester Levenson (The Sedona Method) said, that the world is completely miserable.

Z: So, when we talk about achieving what you want, this "wanting" is still directed towards the world, right? This is an essential step in confirming a gain, isn't it?

The Wind (Feng 风) : If you suppress it, it will keep affecting you, and you'll never get to the first step. When you achieve your goal, you'll find you haven't gained the happiness you imagined. At this point, you'll set the next goal, the next desire for the world. When you achieve that too, you'll find you still haven't found the happiness you want, so your desire will move on to the next goal.

You will continue to rise, constantly confirming the source of happiness, until you experience that the source of all happiness is that your "mind is quieted down, allowing the infinite existence within to manifest more." Your direction will then change, and that is when you have completely completed the first step. Freedom will then become your sole goal.

Next, as Lester Levenson (The Sedona Method) said, you'll automatically fall into the last five steps, that's it. (laughs)

Z: Okay, I understand now. If we don't do it, we are actually suppressing ourselves, and we are still being driven by the three major desires.

The profound impact of the release method on all aspects of life
Released from Diamond Island 2021-11-28 20:02

Included in 4 "Chat histories" posts under the hashtag #ReleaseBook

"I studied the Lester Levenson (The Sedona Method) Levenson’s Release Method, which was an incredibly beneficial and inspiring experience. It gave me new energy, spontaneous creative passion, and unique insights. I recommend this method to anyone who wants to improve their life."

—John L. Kameney, MD

"The release method is more effective than other methods on the market for relieving physiological reactions caused by stress. In my research on various methods of relaxation,

stress reduction and perception training, I have found that the release method stands out for its absolute simplicity, high efficiency, clarity and immediate effect. It seems simple but contains real power."

—Dr. David Hawkins (author of the book ‘Letting go’)

you can

In every area of your life

Using the Sedona Release Method

Regarding work:

"For years, I've been struggling with career changes and starting my own business. Anxiety attacks were very common, and I always found myself in a difficult situation. This course taught me how to get out of that predicament. The anxiety and fear completely disappeared, and I believe I will have my own business."

Karen Frisol ,Newhaven CT

Regarding health:

“I had several physical ailments, including migraines, diverticulitis, gout, and severe hypoglycemia. A week after completing this course, I was scheduled for surgery. But within a few days of starting the release, the symptoms that would have required surgery disappeared and never returned. My other physical problems also resolved. I believe these positive results are due to the stress reduction achieved through this method.”

Dr. David Hawkins (author of ‘ Letting go ‘ book)

Goal to be achieved:

"The Sedona Release Method has helped me become more organized and focused on my goals. My reactions to rejection have greatly decreased, making it easier to achieve sales targets, which has produced satisfying results. I believe the techniques I've learned are invaluable to anyone in sales."

Conrad E. Imhouse

Problem Solving:

"I use the Sedona Release method to help me deal with the fear and indecisiveness I encounter in my business. After clearing away the shadows and obstacles, this obvious clarity helps me make the right decisions."

Dennis C. Owitch, MD

After learning and releasing

“After taking this Sedona Method course, I feel much better about myself. I now realize what caused my past problems and how I can correct them. I feel more relaxed and free. I feel my life is moving in a new direction, and there are no limits to what I can become or what I can achieve. I would recommend this course to everyone.”

John Ridlinger, DDS

"This is a powerful and magical process, far beyond the comprehension of the human mind. The beauty of the final result—as our mentor reminded us—includes a great deal of very pleasant experience."

Kate Sanderson, New Haven

“I’ve finally found the ‘key.’ I now understand what ‘change your mindset—change your life’ means. It’s so exciting to know that I can have the family life we all want.”

King Watman Phoenix

"I walked in here, like a very small person, searching for my own happiness in every corner and in the eyes of every person."

Then I found it within myself. Imagine how surprised I was. I intend to walk out of here today and forever remember that the power within me can accomplish anything I set my mind to.

"Thanks to the Sedona Release Method for showing me where to look—inward!"

Sandy Wilcus Phoenix

“Thank you! Thank you! Thank you! In the past week, I have been able to change my attitude, emotions and life with the help of the teachings of the Sedona Release Method and this wonderful course. For the first time since 1979, I no longer feel pain in my neck and back. I have been able to release past memories and feelings of fear, anger and despair, which makes me feel amazing.”

Gary N. Nikki Phoenix

"I've been laughing all the time—day and night! It's amazing."

Russell Brown, Phoenix

"This method is a very valuable tool that can help you get a good night's rest and wake up feeling refreshed and optimistic."

Francis Waterman, Phoenix

"Chat history"

Wind’s pursuit of freedom
"Six Steps to Release the Wind" - Diamond Island, 2021-11-29 00:00

The wind's pursuit of freedom

—After experiencing the true power of release (Original 1992 Sedona Method as taught by Lester Levenson (The Sedona Method) Levenson), I finally gave up all other methods.

Shared on: November 22, 2020

Y: Feng, you're not interested in writing an autobiography, but could you talk in detail about your experience of learning the Sedona Release Method? That would also summarize your "Path to the Cessation of Suffering".

Wind: This is not the path to the cessation of suffering.

Y: I think releasing the "path traces" should be enough. When did you first come into contact with it? Why did you learn the release method back then?

Feng: It should be 2014. Actually, I saw the movie by Hale Dwoskin titled "Letting Go" in 2013 (available in YouTube) At that time, I saw Hale Dwoskin’s triple welcoming method , and didn't pay much attention to it.

Y: You've studied Buddhism so well, why are you trying the release method? (Feng forwarded a chat log from November 18, 2020)

Wind: The feeling of meditation is wonderful, but it also feels like an escape to me. When I focus my attention on a specific goal, concentrating solely on one object, worries quickly fade away. My body becomes light and at ease, and my mind becomes joyful. Emerging from it brings an

indescribable sense of calm. A strong connection is established between my mind and the object.

Approaching any problem with this calmness brings the answer to light quickly. That's how I tackled my studies.

But when emotions surge, sometimes I find myself unable to control them. Sometimes the environment doesn't allow me to enter a meditative state; I feel controlled by something. That feeling of being pushed along by an inner force hasn't disappeared at all; I'm just trying to suppress them.

This became especially clear after I learned the method of Sedona Release Method, so I completely gave up the practice of meditation, knowing that it was not the right direction for me.

Feng: This is why I gave up meditation and introspection later, at a later time.

Y: Why did you give up Vipassana?

Feng: Because I personally experienced that the release method is more efficient. And it's not because my "insight" Vipassana practice is bad, because my fellow practitioners all think that my "insight" practice is already very efficient.

Y: Of course, practicing Vipassana is more efficient if you have a foundation in meditation. Did you give up Vipassana after experiencing the release method?

Feng: Well, I'm a pragmatist when it comes to cultivation.

Y: You've mastered Vipassana so well, why did you go to practice Vipassana? Was it just out of curiosity?

Feng: I feel my progress in S.N. Goenka’s Vipassana is a bit slow. I asked my teacher about attaining enlightenment, and he said, "Don't expect."

L: Why don't you expect? How is that teacher's practice? He hasn't attained enlightenment yet, has he?

Wind: Goenka never claimed to have attained enlightenment himself through Vipassana meditation. Later, I began searching for methods to quickly attain enlightenment, and finally I found the Sunlun Chan teachings. Sunlun is the only one who promises to help you attain enlightenment within a week, a month, or a few years. It depends on your individual karma. Sunlun's teachings view karma as something limiting, and even after attaining enlightenment, you are not omniscient or omnipotent, but rather subject to certain limitations.

Y: You knew about the release method before you encountered Sun Lun's Zen Dharma?

Wind: I knew about it before, but I hadn't been using it much back then.

Y: How long have you practiced Sun Lun's Chan method? What are the results? What's the longest you can meditate at most?

Wind: It's more effective than Goenka meditation; I can sit in it for a whole day at a time.

Y: Did you try some release methods before practicing Sun Lun's Zen method?

Wind: I've tried some.

L: When was the first time you tried the release method?

Wind: The summer vacation before the last semester of senior year.

Y: Back to Sun Lunchan, what obstacles did Sun Lunchan encounter?

Wind: It's not a bottleneck. "Sun Lun Zen" did make me feel much more relaxed; I felt its effect on diminishing karmic habits. However, I found that releasing easily once is equivalent to suffering for several days. I experimented a few times, and it's true. It was hard to accept at first.

Y: Did you try out the release method while practicing Sun Lun Chan?

Feng: When I took a break, I tried it out. One release was equivalent to several months of Goenka Vipassana practice, or several days of ascetic Sun Lun meditation.

Y: During those two months, you practiced Sun Lun Chan while also trying the release method multiple times, right?

Wind: I only tried it a few times, and then gradually increased the frequency. One time I released myself for an entire afternoon, and the effect on the level of mental calm far exceeded my expectations, and it wasn't the superficial calm I usually experienced during meditation. **I clearly felt that my "inner volcano" (the subconscious mind) also calmed down.**

Y: Did you experience the feeling of release back then?

Wind: I experienced the feeling of release a long time ago.

Y: Did you experience this before you met Sun Lunchan?

Feng: Yes, I experienced it as soon as I started using the release method. At that time, I recommended it to some fellow practitioners; some were dismissive, while others thought it was

quite good. I also recommended it to a few fellow practitioners I met while studying Northern Transmission Buddhism, and they used it to assist in reciting the Buddha's name. (Laughs)

Y: The summer before the last semester of senior year, the summer after the college entrance exam?

Feng: No, it was the summer before the start of the second semester of my senior year. I had only heard of the release method before, but I had never actually used it.

Y: When was the first time you heard about the release method?

Feng: The year before, I saw the movie "Letting Go" (Hale Dwoskin's film Letting Go, available in YouTube) in a group for Northern Buddhism and also downloaded the book ' Abundance by Lawrence Crane '.

[Note: "Letting Go" primarily promotes Hale's self-created liberation method, not Lester Levenson (The Sedona Method) 's original liberation method, so it is not recommended. Larry Crane (Lawrence Crane) 's "The Book of Abundance" and Hale Dwoskin's "The Sedona Method" both modify the original, concise, and efficient methods to some extent, weakening their effectiveness and failing to lead to ultimate freedom; therefore, these two books can also be set aside.]

Y: You saw the movie "Letting Go" in 2013, which should have been your first encounter with the Sedona Liberation Method.

Wind: It must have been an encounter with Hale Dwoskin, because the triple welcome isn't strictly a release technique. (Laughs)

Y: 2013 Contact Release Method, 2014 Vipassana Meditation, 2015 Sunlun Zen Meditation?

Wind: Pa Auk Sayadaw started practicing in junior high school.

Y: Second year of junior high? First year of junior high, practicing internal alchemy?

Wind: Second semester of eighth grade. The research on Neidan began at Neidan Elementary School. [To focus everyone's attention on the release method, some chat content about Neidan is omitted here.]

Feng: Later I stopped practicing Taoist alchemy, and Buddhism suited me better in terms of mindset.

Y: Was the first time you attained the first dhyana in the third year of junior high school?

Feng: Around that time. I practiced for a year or two and reached the second jhana. Then I stopped practicing meditation and focused on studying the teachings, while also exploring other pure insight methods, such as those of Goenka, Luang Por Pamo, and Mahasi. I also explored Mahayana Zen, Tantric Buddhism, Pure Land Buddhism, Yogacara Buddhism, and so on. Y: Didn't you try to cultivate superpowers? Kids are usually curious.

Feng: At that time, my curiosity about superpowers had shifted to the truth, and my curiosity about absolute truth surpassed my curiosity about superpowers.

Y: So you started studying philosophy?

Feng: Began studying psychology, philosophy, physics... everything related to explaining the world. [Some content about Wind's family and other hobbies omitted here]

Y: You've been on the go non-stop. You haven't taken many detours.

Feng: There were still quite a few detours.

Y: Which ones?

Wind: The path before encountering the Sedona 1992 release method is a detour.

Y: What has been your experience practicing the Release Method over the past five or six years?

Wind: From Larry Crane (Lawrence Crane) to Hale Dwoskin, interspersed with Xu Yaoren's Zero Resistance. Initially, the visualization tube method , as taught by Lawrence Crane, was quite difficult. After seeing the concept of "decompression" in the Book of Abundance, I understood that I also wanted to release it, and when I released my effort to hold it down, it released. Later, I watched Hale's Sedona Release Method and started using questions. I found the questions very effective, so I abandoned the Book of Abundance by Lawrence Crane.

However, the further I read in Hale's book, the more confused I became. So I further studied *The Ultimate Path to Freedom* and *Ultimate Truth*, as well as two videos by Lester Levenson (The Sedona Method) Levenson. I listened to Lester Levenson (The Sedona Method) 's later audio on YouTube and finally understood that the release method is a complete system, so I wanted to recreate the original release method. Initially, I wanted to find the overlap between Larry and Hale, but later I found someone had uploaded a 1992 Sedona Method course in YouTube, so I started learning the 1992 release method.

Y: The 1992 Sedona Method video you watched last year?

Wind: Two years ago.

Y: What problems did you encounter after watching the 1992 videos?

Wind: Stuck. No other problems. Theoretically, Lester Levenson (The Sedona Method) Audio has given me a complete solution, but it often gets stuck and frequently stops releasing.

Y: What's causing this? Haven't you already mastered the method? Did you not understand the six steps correctly? It's probably because you didn't understand the first and sixth steps correctly.

Wind: Step 1, Step 2, and Step 6 all lack proper understanding.

Y: What's wrong with the second step? Isn't it just a decision?

Wind: It is the factor of discernment. To truly achieve it, every choice you make tends towards freedom. Because if you decide on freedom now, and the next decision is to go out into the world, you will negate it. You must fully achieve the first step before you can fully achieve the second step.

Y: Isn't that precisely the problem with the first step? If the first step is fine, the second step will be fine too. How did you overcome the first step?

Wind: I achieved the first step by correctly practicing the six steps. In other words, the first six steps are what you need to do. After achieving the first step, the following six steps will guide you.

Release the Diamond Island (Wind’s chat history on Lester Levenson (The Sedona Method) Levenson’s 1992 Original Sedona Method)

2021-12-31 12:43

Untitled
Released from Diamond Island 2021-12-31 12:43

"Chat history" "Chat history" "Chat history" "Chat history"

[On Freedom] Why do I want to play this game of "becoming a finite body"?

Original article "Six Steps to Wind Talk" Release Method Diamond Island 2021-12-31 12:43

Shared on: November 17, 2020

A gentle stream: Wind, is this world just one possibility for endless exploration?

Wind: Infinite existence needs no exploration. Lester Levenson (The Sedona Method) explained this in detail in the video. Initially, you were a passive infinite being; after experiencing the separation of illusions, you actively returned to infinity.

Tiancheng: I was just about to ask, why did it fall from the infinite existence?

The Wind (Feng 风) : To illustrate this metaphorically, it represents your illness and health. Before you've ever been sick, health has no meaning for you. It only gains value when you return to health after being sick. You actively choose to become an infinite being.

The infinite being initially created a mind, then three bodies, with the physical body being the most limited. Therefore, the driving force of freedom is greatest here.

The trickle: that's the roller coaster, Lester Levenson (The Sedona Method) mentioned, and we're at the very bottom now.

Wind: Yes, roller coaster.

Trickle: So if you use the release method, you can reach the top from any position. If you don't use the release method, you can also reach the top through a long evolution?

Wind: For those without the means to release it, it would take billions of years. The cycle of natural evolution is extremely slow, and it is accompanied by rises and falls.

Tiancheng: Billions of years? That's too long.

Wind: The cycle of your brain's structural shifts will allow you to reach a level of cosmic consciousness over a million years, but a million years of natural evolution will not bring you complete freedom. Those who are not free by the time Brahma's dream ends will be thrown back into the dream.

Tiancheng: How long does it take for a Brahma to be born?

(The author quoted a passage from the book "Detachment: Following Yoga Master Yogananda on a Spiritual Journey")

How long does each soul linger in delusion? I haven't kept a precise count, but it's likely longer than a single day in Brahma's time! How long? I really don't want to think about that! In the Bhagavad Gita, Krishna says, "On the first day of the new Brahma's time, I will throw all these souls back into delusion." In the Rubaiyat (a true canon, not just a collection of love poems as commonly believed), Yogananda interprets a particularly significant quatrain as meaning, "Many who entered creation at the beginning of Brahma's time will still linger in delusion at its end."

Wind: Brahma's dream spans trillions of years. In classical texts, it symbolizes numbers. The billions of years of a single day are also symbolic numbers.

Tiancheng: Trillions of years, which means I have already reincarnated for trillions of years?

Wind: Time is merely an imagination of consciousness, like a dream. In a dream, you can live from birth to death, but when you wake up, only one night has passed. Therefore, time has no meaning; it is merely a figment of the mind.

A gentle stream: Does nirvana mean the end of all dreams and that I will never dream of them again?

Wind: Once free, it is free forever.

(Here are excerpts from Chapter 31, "The Game," of "The Road to Ultimate Freedom")

Lester Levenson (The Sedona Method) Levenson: We are all essentially infinite and perfect beings. I assume most people can accept this view, at least in theory. We read about this in many scriptures, especially Indian texts. The masters say so, and I'm saying the same thing. But why can't we manifest our inherent infinite and perfect existence? Because of the inertia of lifetimes, we've been playing a game of limitations.

We've played this game for so long that we've completely forgotten we're playing a game of limitations, while our true nature is infinite. We haven't seen the infinite existence we inherently possess. Every day, every second, we look at our self-made puppet—our body—and assume we are that body. We take the body for ourselves, and so we're stuck, unable to see our infinity, and therefore unable to know that we are infinite. Lifetime after lifetime, we endlessly assume we are just a body.

We've been doing this for far too long, so there's a strong desire to go in the opposite direction and see clearly the infinite existence we inherently possess. This strong desire will lead us away from the assumption that we are a body. If we could see our inherent infinite existence, even for just a second, we could use that second to let go of many limitations. But first, we must assume we are infinite, and then begin to eliminate limitations. We must accept the fact that we are not this body, this mind, otherwise it's impossible to escape the trap called "the game of becoming a finite body."

Q: How did God (The Infinite Invisible Spirit) become human? Isn't it blasphemous for a human to become God again?

Lester Levenson (The Sedona Method) Levenson: No. Anyone who says that to you is just trying to keep you from reaching the highest level. But that's the truth. It's like when you're sleeping at night, you dream that you were born as a baby, then you're a week old, a year old, then 20, 40, and you dream that you have so many, many, many problems. Remember, it's just a dream. This keeps going on and on, and you feel exhausted, so you dream that your body dies, and then you wake up. In that dream, have you ever changed? You've never changed! You say it's never real, that it's just a figment of my mind, isn't it?

This is our state when we are awake. This state of being awake is actually a state of sleep. We are completely asleep regarding the truth of our inherent infinite existence. We are merely dreaming that we are awake, but in reality, it is a state of sleep from which we must awaken. When we truly awaken, we will say: Oh my God, it was never real! I have never been a finite body! I have always been the inherent infinite existence!

So we create a dream in our minds, a dream we call the "awake state of the world." However, it's just a dream. But to realize it's just a dream, you must wake up from that state. Do you understand? So the answer to "how do we do this?" is "we are dreaming!"

Q: Intentionally?

Lester Levenson (The Sedona Method) : Yes, intentionally. You know, we start from infinite existence in a passive way. We descend to the lowest point, which is where we are now, and then return to the highest point, seeing our infinity again. But through this cycle, we gain an active understanding of our infinity, whereas before it was a passive understanding.

This is like how "perfect health" is meaningless to someone born with perfect health and who remains so throughout their life, because they lack an active awareness of it. Such a state is certainly good, but because it's passive health, they cannot feel gratitude for it. However, once they fall ill and linger on the brink of death for years, they are forced to rebuild their perfect health, which is far more meaningful than it was before they became ill. This is the foolish thing we do to ourselves. We come from infinity, then descend to where we are now, and then return to infinity with an active awareness of it. During this descent, we cannot see what we are doing; only by looking inward can we discover this.

Q: This is the first time I've heard such a reasonable explanation for the chaos we're in. The first time I've heard why we're being dragged down.

Lester Levenson (The Sedona Method) : Okay, now let's go back to the top.

You can't force yourself to release; you'll only release when you see the benefits it brings. So please constantly confirm the gains you get from releasing and your direction.
Original article "Lester Levenson (The Sedona Method) Levenson’s Six Steps to Wind Talk"
Release Method Diamond Island 2022-01-07 13:28

Included in the topic #SixStepsOfTalkingAboutFeng, Step 4 (3 items)

The topic of discussion: You can't force yourself to release; you'll only release when you see the benefits it brings. So please constantly confirm the gains you get from releasing and your direction.

Shared on: November 17, 2020

Wind: Six Steps. Begin with six steps, end with six steps. Use your gain to confirm your direction. Continuous release becomes your "task," which is not good. Continuous release is beneficial because each release has a benefit. This is what step six says: each release is easier and happier. You feel good, so keep releasing. If you just force yourself to release, you will stop; you can't continue because you are suppressing your desires for the world. My method is to constantly confirm my gain and my direction.

For example, she just wanted to listen to music; what does she want to get from the music? Can she get that from releasing? Can she try? Constantly confirming your gains allows you to maintain continuous release. If you say, "I can, I must release, I can't listen to music," it won't work because a subconscious direction is listening to music, which you've suppressed. Your conscious and subconscious are pulling against each other. If you don't look at it, it won't succeed.

Write down where you actually seek happiness. If you suppress these desires, you cannot achieve the first step (Note: wanting freedom more than wanting the world). You can force yourself to do homework and work, but you can't force yourself to release. Let me elaborate on Lester Levenson (The Sedona Method) 's favorite teaching: get everything by releasing only.

What do you want? How are you going to do it? Why not get it through releasing? This is how you practice; you choose to release. Sometimes you might spend an afternoon doing other things without releasing, because your subconscious is seeking something, and you can't force yourself to release. You need to see what you're seeking and ask yourself, "Can I get that from releasing?" **See which way is easier, more enjoyable, and choose to release.**

That's why I say successful experiences are important; you have to get the benefits first. You won't do it without benefits; it will try every means to avoid and resist releasing—that's your mind. I remember saying before that emphasizing step six truly put me on the path to continuous releasing.

Why do many people want to sleep (feeling drowsy, sleepiness) after releasing?

It's simple: because sleeping is more comfortable than forced release. The mind always tends to do what's more comfortable. That's why Lester Levenson (The Sedona Method) always wants you to confirm your gains; this is important. Step six cannot be ignored, so you have to keep getting benefits.

With each release, you must feel better; only then can you continue.

Once you feel compulsion or effort, immediately relax and release the resistance and urge to control. If releasing feels more comfortable than sleeping, you will naturally tend to release; it's really that simple. That's why I say you haven't seen the complete path, hence the doubts. If you experience the six steps, you will know its perfection; all of Lester Levenson (The Sedona Method) 's guidance is about it. Without it by your side, you will stray from the path without realizing it.

Just follow the process and focus on releasing your energy in this moment.
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-01-08 12:19

▲ Sharing Topic: Follow the Process, Just Focus on the Present Moment

Sharing time: February 22, 2021

Wind: In your process of releasing, your mind is the obstacle. Its content, your preconceived notions, even the thought of how long it will take to release—these very ideas are hindering you. Just focus on releasing this one time. Don't presuppose that you can release everything this time, or how many times you need to release everything. **Just release, and see what happens.**

Don't rush. Enjoy each release process and keep using the release procedure. Those things you find difficult to release are simply your mind telling you they are difficult. Ignore your mind and just use the procedure. Those things you find simple, insignificant, and therefore ignore are also simply your mind telling you they are insignificant. Ignore your mind again and just use the procedure.

Sometimes you see a feeling, and you feel it's not the main one, but you desperately want to release the "main" one, to end it quickly. You suppress this feeling that's surfacing, but that feeling is very important. Those mental judgments about what's more important are unfounded; what's surfacing is what's important. If you suppress it, you're living in your mind's control. You're mentally presupposing what you need to release—how many times, for how long. When

you truly release, you don't need to do this; reserve the possibility of releasing everything at once.

Rayna: What about the body sensation?

Wind: What are your feelings about your body? Do you want to control it? Do you want to change it? Just release it.

Rayna: I understand.

Wind: If your physical sensations are bothering you, release those sensations. Use release to solve the problem.

Rayna: Okay, I do want them to leave, I want change.

Wind: Can you imagine that a few releases can completely release a long-standing habit? Many times it's like this, within a few minutes, not a long-term stalemate.

S: I'm expecting it to be a long time, not just a few minutes.

Wind: You see, it's only a few minutes long in the video.

S: Sometimes I feel that a few minutes is too long and I want to finish it all at once.

Wind: If it takes too long, it's stuck, it's suppressed, it's not being released. So you're suppressing it, you're trying to prevent it from surfacing.

S: How should I approach this feeling of suppression or repression? Should I start by relaxing, right?

Wind: Relax, then pay attention to the most superficial feeling, and directly ask what it is. Don't wait, dig, or search for a particular feeling. If you can't identify it, it means you're trying to control it. Don't try to identify it precisely; just answer intuitively, just feel it.

S: OK.

Wind: Don't try to maintain the momentum of release, just consciously release this moment (Present Moment is the only Reality – the Now).

Rayna: Okay, I come here again and again now because it's easy to stop, to not be able to face those feelings, and to not be able to continue.

Wind: Don't try to maintain continuity. Consciously release once, then consciously release again—that's continuity. It's not about mentally emphasizing the concept of continuity. That

"intensive course" XX organized, with its constant chanting of "continuous release," was just superficial release, a mental attempt to hold onto the concept of "continuity." This kind of mental imagery isn't true continuity; it's merely an attempt at control.

You cannot be pushed into freedom. Freedom is a choice of free will, not something forced by circumstances, because your circumstances are created by your mind. Release yourself fully in this moment, without any coercion. Then, continue to choose to release; that is the decision.

Shouting slogans is useless; they remain only in the mind. Shouting slogans with a group of people is even more useless; it's collective unconsciousness. Just like the ant colony I've seen, it's collective unconscious action. Independence isn't about being unconventional in behavior, but about recognizing one's own full responsibility. It's about recognizing that only oneself can decide whether one is free or not.

The mind is familiar to you, so you remain in the mind. Don't turn "continuous release" into a mental activity. Because the mind is familiar to you, it's easy to turn release into a mental activity as well. Every release brings something new and broadens your mind. Don't approach it with a habitual attitude.

Treat each release as if it were your first. Observe what happens. For each feeling, simply treat it as a feeling and don't overthink it. If external confirmation reveals no change, then you immediately have the feeling to release.

Wind: Just follow the process and release in this moment. Continuous release is an experience. Don't try to escape your subtle feelings; all feelings are the same.

G: I always forget that in my heart, feelings are divided into those that are easy to release, those that are difficult to release, those that can be released, and those that cannot be released, and they are divided into different levels.

Wind: Don't listen to it. (laughs)

L: I'll go crazy if I don't break through this barrier. If this is the dawn, how long will it take before it gets light?

Wind: That way, it will never get light because you're thinking about the future. Or, just let go once in the present moment, and it will be light.

L: (Laughs) Okay.

Feng: The word "persistence" implies clinging tightly to something, rather than recognizing and releasing it in the present moment. This attitude is not quite right. "Believe there's light at the end of the tunnel, keep moving forward"—you'd rather use motivational platitudes to escape than release the desire for change. Releasing it immediately changes your entire mindset and

perspective, broadening your mental experience. Recognizing it but not releasing it, instead forcefully holding on, is foolish. A couple of motivational quotes, a few words of encouragement from others, and you hold on even tighter. (laughs)

L: "Emoji" "Emoji" "Emoji"

Wind: Keeping things simple is definitely too difficult for you guys (laughs). Keep it simple, keep it simple. The need for "persistence" indicates you're not releasing things easily and naturally, and that means you're suppressing something. It's a very simple principle.

Suppression means there will never be a glimmer of hope.

Release means there is hope right now.

Simply by letting go, by performing the process just once right now, you'll immediately feel more relaxed and joyful, and problems will seem lighter. Every change happens in this moment. Don't wait for the future; the future = will never come.

What are you waiting for?

Is this an attempt to change (or control)?

If you keep holding on and refusing to release it, are you expecting things to change by simply waiting? Change will only happen when you release it now. Can "waiting for the process" truly release suppressed feelings?

L: No. (laughs)

Wind: Only the "release process" can do that. What you believe will happen in the future, your mind will forever keep it in the future. The future is only a mind projection, not Reality , which is always Now, Present Moment.

"Never think about what the future will bring, because the mind will forever confine it to the future. Try to see it now, savor it, possess it, as if it were already yours. Don't treat it as the 'future tense'."

"Never think of things as coming in the future, as the mind will keep it in the future. see it, feel it, taste it, possess it as yours now. Do not see it in its'willbe-ness."

Sustained release is important, and it's also simple.
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-01-09 16:40

Included in the topic #SixStepsOfTalkingAboutFeng, Step 4 (3 items)

▲ Sharing Topic: Continuous Release is Important, and It's Also Simple

Note: This content is a combination of Wind (Feng) 's posts from different time periods.

Wind: Continuing to release is very simple. Just release the three desires. It doesn't matter what feelings arise. The key is whether you want control, recognition, or security.

In fact, if you spend more than 50% of your waking hours releasing stress each day, you'll find that the momentum of releasing gradually outweighs the repression. Then, you'll continue to release. It will become natural, as regular as breathing, and will continue 24 hours a day.

Q: Wind, has the amount you've released in the last two weeks exceeded the amount you've released in the last two years?

The issue isn't quantity, but inertia. Releasing the wind is like a runway for an airplane; if you keep running and stopping, you'll never take off. Only by continuously pushing forward can you accelerate to the point where you can fly.

The continuous release is simple. Release once, then release again, then release again... and then, like an airplane taking off after a run-up, the sensations will continuously surface and be released.

Continuity means never stopping. You may not understand now because you're trying to release. But when release becomes the norm, it becomes as natural as breathing. As long as you decide to achieve freedom, feelings will keep rising and rising.

During continuous release, the feeling surges forth like waves, and you simply watch it dissipate. When the desire behind the feeling is identified, it is released immediately, almost without needing to ask a follow-up question. Sometimes it happens so quickly that your mind doesn't even have time to comprehend it.

When a desire is brought forth, it is released. If not, return to the beginning of the process: relax your body, re-feel it, identify what kind of desire it is, and let it go.

Keep things simple and relaxed; repeated practice will help you master them. Overthinking and analysis will only make it harder to let go, because the mind will only replay past experiences.

Initially, your habit of repression (suppression) outweighs your habit of release, requiring repeated practice. Once you make release a regular occurrence, continuous release will happen.

Feeling tired means you're exerting yourself; releasing doesn't require effort. When you truly begin to release the desire for control and identification, you'll find it's incredibly simple.

Every time you try to exert force, you're trying to control. The moment you notice it, you can immediately let go. The instant you let go, you'll immediately feel the ease and resistance diminish. You don't need any other guidance or manipulation; you just need to be aware of the desire to control and allow it to be released.

Look at your current feelings. Is it a desire for control or a desire for validation that you're experiencing right now? Can you be aware of it? Can you allow it to be released? Is there more? Can you allow it to be released? You'll see these desires like waves, constantly pushing you forward, and with each release of those desires, countless emotions clinging to them dissipate.

Allow feelings to be noticed, allow them to leave, because feelings themselves are also conceived; they are suppressed energy, so simply allow them to leave.

Lester Levenson (The Sedona Method) Levenson: Did you notice the word "allow"? That's how it happens. You stop keeping them down; you allow them to surface and to leave. Because it's also constantly trying to push itself up and out—that's how every repressed feeling is.

So when you do it, it's very easy; they just appear and disappear like waves until the waves stop, and then you're done.

"Continue" simply means continue. You do it the first time, then you can do it a second, a third, a fourth… until you finally achieve freedom. Lester Levenson (The Sedona Method) said, "There is no stop in the six steps," meaning there isn't a "stop" in the six steps. "Continue" simply means continue.

Within these six steps, you can achieve continuous release. Outside of them, you stop. Keep this guide with you and use it as a constant reminder. If you are in the six steps, your release will be continuous, and your joy will continuously increase.

If each release brings you ease and joy, then you are releasing. Continuously release your feelings, continuously becoming more relaxed and joyful. A clear feeling of energy leaving, accompanied by a calmer and more joyful mind—that is release.

If you stop releasing, then you're stuck.

You want to release, but the release stops—this is called being stuck. That means the "want to control" process has surfaced, and it's time to release. The more stuck you are, the more you need to release, because this will allow you to break free of the stuck process. First, allow yourself to become aware of the feeling of being stuck, then become aware of your desire to change it. Easily allow yourself to become aware of your desire to change, and then it

dissipates. Look at your current feeling; if it's still stuck, then continue to allow yourself to become aware of it, and then become aware of your desire to change it. Then, the desire to change will continue to leave.

Because you've been suppressing a lot of emotions, you need to release them continuously. But if you continuously release your desire for change and release everything cleanly, this blockage will completely disappear and won't reappear. Future releases will then become much smoother in most cases, without any more blockages. Doesn't that sound amazing?

It might get stuck once or twice more, because some stuck programs are deeply suppressed, but it will no longer be the norm.

When you feel frustrated during the release process, this stage is difficult, I know that, because you'll resist releasing. First, you need to clearly define what you want to be more free, and then you need to continuously decide to release. (Notice your resistance and opposition, release the desires behind them), only release the most superficial aspects, and after releasing the most superficial aspects, make the decision to release the most superficial aspects again, continuing by making one decision to release after another.

Rejection is a feeling. When you feel rejection, you immediately want to control it. When you release that desire to control, the feeling of rejection dissipates. Try it.

As long as you stop releasing, whatever you do is the opposite of (freedom). I keep emphasizing this point: talking about freedom won't make you free; only continuous release will.

The world is only misery, as Lester Levenson (The Sedona Method) said; the world is only suffering, as the Buddha said. This is the truth. The world is merely a mental construct, and the mind is simply a limitation. When you limit your infinite existence, you are in suffering.

Q: So where does this joy come from?

Wind: All happiness comes from a state of mental tranquility (Beingness), where you see more of the Infinite, but you mistakenly believe it is brought to you by certain external people and things.

The only source of happiness is your infinite existence. The pleasure people experience from orgasm is merely a temporary respite for the mind. What is the happiness of achieving a goal? It's the temporary peace of mind you allow when you acquire something.

When you chase after the world, you are developing your mind, making it more chaotic, which exacerbates suffering. The only way to relieve suffering is to turn around and quiet your mind. Because the only source of happiness is infinity, and only when the mind is quiet can infinity reveal itself in greater detail. It's that simple.

When you continuously release, you will automatically isolate yourself; when you are determined to turn inward, nothing and no one can disturb you.
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-01-12 14:00

Included in the topic #SixStepsOfTalkingAboutFeng, Step 4 (3 items)

▲ Sharing Topic: When you continuously release, you will automatically isolate yourself; when you are determined to turn inward, nothing and no one can disturb you.

Shared on: October 23, 2020

Wind: If you do things by escaping, you suppress those feelings deep inside, and those become your karma, which will force you out of your alienation.

As you continue to release, you will automatically isolate yourself.

The six steps don't ask you to resign or isolate yourself; they simply ask you to continue releasing stress. When you continue releasing stress, isolation will occur automatically.

Sustained release doesn't require a quiet environment because your world is merely a projection of your thoughts; you can't change the cause by doing something to the outcome. If you feel noisy, it's just a feeling; go back to step three and release the feelings you currently want to control and identify with.

You'll find it difficult at first, so you can start by utilizing all the time that doesn't require mental work. As you do this, the continuous release will generate momentum, making it easier and easier for you to release while doing other things.

If you continue to release this feeling, you'll find yourself no longer needing to do anything, because you're no longer creating that image. You're no longer creating the image of "I need to work."

Sharing time: January 7, 2021

Y: "When you continue to release, you will automatically isolate yourself." Does this mean that once you enter a state of continuous release, no one will disturb you?

Wind: Of course, the outside world is a projection of you. If you are disturbed, it only means that you want to be disturbed. You created that situation of being disturbed with your thoughts.

Y: Did you encounter any disturbances during your seclusion?

Wind: No, once you decide to turn inward, nothing can bother you.

Y: Is it that there are external stimuli but you don't react? Or is it that there are really no external disturbances?

Wind: It's the same thing. Outside, there's only your thought. At first, you were creating some events, but that was your desire disturbing yourself.

As you release the fear, especially when focusing on releasing the fear of death, once you've largely achieved control and acceptance, the world will no longer interfere. This is even more noticeable in a forest; venomous snakes and wild beasts will stay far away.

Y: For example, you're in a locked room and someone knocks on the door, but it doesn't affect you at all. Or is it that once you enter continuous release, no one will knock on the door at all?

The Wind (Feng 风) : having released enough desire for control and recognition, no one will even knock on the door.

Y: I understand.

Wind's sharing: On resistance/unwillingness/escape and release
"A Collection of Conversations on the Wind" - Released from Diamond Island, 2022-01-23 22:59

Lester Levenson (The Sedona Method) Levenson: "You are infinite right now. You have always been and you always will be; you have no choice in this. Your only choice is to accept that you are infinite, or to accept that you are a limited self."

Wind: "To go and release your feeling is to choose to accept your infinite existence."

01

Qingxi: Deep down, I've always been clear that I want freedom more than I want the world. This has been the driving force behind my continuous learning and growth—the desire for liberation and freedom. But in practice, when it comes to actually releasing, I sometimes resist, avoid, or stagnate, and sometimes I even forget to release. Does this mean that I only understand the desire in my mind, but my inner self doesn't truly express a desire for liberation and freedom beyond the world?

What I mean is, simply knowing in your heart that you want freedom more than you want the world isn't enough. You need to regularly remind yourself to release that desire through the first step of the six-step process. That's the real motivation for liberation. Right?

Wind: You have to experience it. The best way is to gain everything through release; otherwise, you'll always retain the possibility of finding happiness in other things in the world. If you can't experience that the source of all happiness comes from within, you can't fully achieve the first step; chanting slogans in your mind (intellectual understanding) is useless. True liberation is not in your head (intellectual), but in your heart level (feeling-experiencing-Being)

➤Related Reading: How to Achieve the First Step of the Six-Step Process: "Wanting Freedom More Than Wanting the World"?

02

Expressing my feelings: Sometimes the wind is very decadent and unwilling to let go. Is it that you want to release it and control it?

Wind: Yes, you resist releasing. Why resist releasing? It's just a feeling of resistance, a more subtle feeling of aversion, but actively try to release it.

Expressing my feelings: Teacher, could you guide me a step? How can I release this resistance? I feel stuck here and can't move.

Wind: Can you feel any resistance first?

Expressing one's feelings: to strongly resist.

Wind: Now, can you feel the desire to change it? If you don't know the release process, spend four days learning it. If you do, you can use it. There's no difference between having a good and a bad foundation in the Sedona method. If you don't want to face it, if you want to escape it, notice this desire—it's the most superficial—and you can release it.

03

T: Teacher, does this mean that even if I gain ultimate freedom, I cannot continue to stay in the world?

Wind: It's up to you. Freedom is freedom; there's no coercion involved.

T: Can I still stay with my family?

Wind: Of course.

T: I see myself fearing freedom, afraid that I will lose my family after I gain freedom.

Wind: There are quite a few home-based masters, and some masters can even be kings. For example, William the Conqueror. Krishna is an example of a home-based master.

T: So, the master still lives with his family after he is free?

Wind: You will not lose your family, you will not lose your beloved world.

T: In this era, masters must live in seclusion.

Wind: Seclusion means not being known as a master. Seclusion doesn't necessarily mean you have to hide in the mountains. Living in the world like an ordinary person is also a form of seclusion.

04

Wind: I will stay for a week, then disappear into the crowd. A week is long enough for the mind. Awakening can be achieved in a month or two using the release method, unless you procrastinate. When I am here, people's minds procrastinate because you keep seeking answers externally. Only a limiting, detached self needs an external master.

Lester Levenson (The Sedona Method) talked about his two advantages: one was that he knew nothing about the subject, and the other was that he had a gun to his head (his terminal illness condition: second heart attack) . My advantage is that I've never pursued it following an external Master, nor have I encountered a Master to pull me along. No one can pull you to freedom; only you can make that decision.

Q: I have failed many times. Many times it was not that I couldn't do it, but that I was unwilling to do it.

Wind: So fearful to be free. Lester Levenson (The Sedona Method) had been telling his students this since his time. Because almost everyone who uses the method of liberation unconsciously procrastinates. The reason is foolish: **fear of freedom**. Fear that freedom will cause them to lose their feelings, their bodies, when in fact they won't. Therefore, Lester Levenson (The Sedona Method) constantly emphasized, don't be afraid of freedom. After you're free, you won't lose anything except your suffering.

Q: How did you overcome this fear?

Wind: See it, then let it go.

Q: It's that simple?

Lester Levenson (The Sedona Method) : When you release enough of your "self," you will naturally feel the peace and joy of your "true self." It is truly a natural path that gradually reveals your infinite essence. You let go of limitations, you let go of pain, but you never lose anything of value or beauty.

On your path, you will continuously escape trouble. On this path, you will never lose anything; you will only gain more and more of what you truly desire, until you have it all. Aside from the bandages and wounds we impose on ourselves, we discover that on the spiritual path, we never lose anything.

—Chapter 3 Spiritual Growth, The Path to Ultimate Freedom

You won't become a zombie, you won't disappear, or go with a light. You simply allow your body to experience what you've preordained for it, and then, when the time comes, you will leave the body with joy, discarding this worn-out garment. You will never die. People around you might say you will, but for you, you won't.

You consciously let go of the body, like discarding a worn-out garment. But you only truly let go when the body has completed the journey you've preordained for it. Now I'm telling you this so that when you are enlightened, you will not fear death. Therefore, reaching the ultimate state is not disappearing into nothingness, but transcending the limitations of the body and entering your state of totality. You must have a strong desire for this.

The only obstacle preventing you from returning to infinite existence is the desire to be a finite body. When this desire transforms into the desire to transcend the limitations of the body, you embark on the path to enlightenment. But to complete the entire journey, your desire for complete freedom must be greater than your desire to be a finite body.

The reason only a very few people complete the entire journey is that most of us have a subconscious desire to be a body greater than a conscious desire for complete freedom.

If you cannot confront this point and see what your true desires are, then you cannot attain complete freedom, complete enlightenment. The only reason you are limited by your physical body is because you subconsciously crave to be that finite body. When your subconscious desire for complete freedom surpasses your conscious desire to be a finite body, you will quickly attain freedom, and therein lies ultimate happiness. The change before and after enlightenment is merely a change of perspective: before enlightenment, you believe you are a finite body, and all the body and actions are so real to you; after enlightenment, you see it as a dream, a movie.
—Chapter 32, *The Path to Ultimate Freedom*, Enlightenment—Letting Go of the Unconscious

The first step of the six steps corresponds to "stream-entry" in the Agamas and "Nabhikāpā Samādhi" in Yoga science.
Original post: Complete the Diamond Island Release Method (February 21, 2022, 16:15)

Release the Diamond Island

Lester Levenson (The Sedona Method) : "You are infinite right now. You have always been and you always will be; you have no choice in this. Your only choice is to accept that you are infinite, or to accept that you are a limited self." Wind: "To go and release is to choose to accept your infinite existence."

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► The first step of the six steps corresponds to "stream-entry" in the Agamas and "Nabhikāpā Samādhi" in Yoga science.

December 3, 2020

Wind: And they will only preach this Sedona Release Method because the masters are omniscient and omnipotent, knowing that the only simple and feasible method in this era is the release method. This is not just Lester Levenson (The Sedona Method) 's personal preference. Yogananda helped and awaited Lester Levenson (The Sedona Method) 's awakening. Other masters, regardless of how they awakened, would teach the release method on a small scale. But the method itself is not groundbreaking; there are only 112 methods, 112 methods that Shiva explored many years ago.

L: Isn't there anything better? The Lotus Sutra even says that the Dragon Girl instantly became a Buddha.

Wind: A moment is not impossible; there will be such a method in the future. Of course, the masters know each other; the masters are infinite beings, and there can be no contradiction among them, because they are actually the same infinite being.

Haha, I wasn't originally planning to judge the "masters" in the market too much, and I was even prepared not to talk about this issue anymore. But it suddenly occurred to me that if I don't clarify this, you might be misled by similar claims after I leave. It would be such a pity if this seed led you astray from the release method.

G: We're not in the mainstream yet, but once we are, we won't be fooled anymore.

Wind: Hmm, once you enter the stream, it won't happen anymore. Because you can access everything in Samadhi.

G: I've released them all. I have 200 more releases left. I'm going to challenge my own record. Tomorrow I'll triple it. I can't let myself down. Feng, is it okay to set this number of releases for myself? It can only be more, not less.

Wind: You can set a number of releases, but be careful; if you exert too much force, you'll get stuck. You can't do it with that kind of pressure. The continuity of the six steps is based on feeling more relaxed after each release. Remember the six steps and use them to guide your release.

The main goal is to achieve the first step. Once the first step is achieved, everything else will follow, and the flow will be completely transformed.

You haven't noticed another first step: wanting freedom more than wanting control and identification. You can want control and identification (recognition, love, approval, validation), but you want freedom more than they do.

I shared Lester Levenson (The Sedona Method) 's explanation of "entering the mainstream," from "The Way":

Lester Levenson (The Sedona Method) : Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally came about. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want recognition and control," since recognition and control are synonymous with the world. But I think it's better to say "You must want freedom more than you want the world."

If you do that, your next action will be to turn your gaze away from the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here. So the first step is that you must desire freedom more than you desire this world.

—Excerpt from The Way Part 1

L: So Lester Levenson (The Sedona Method) mentioned this before, that's authentic.

Wind: I've said it many times, your memory? (laughs)

L: I thought it was your invention...

Wind: I've said it at least five times. I've said it many times, and I emphasize it very much. I'm certainly using Lester Levenson (The Sedona Method) 's words to explain Lester Levenson (The Sedona Method) Levenson's six steps; **I don't have anything original.** Lester Levenson (The Sedona Method) , the Agamas, the science of yoga—they're all talking about the same thing.

[Editor's Note: Feng (Wind) then forwarded his posts about "entering the mainstream" from November 16th and 17th, 2020. The following is the sharing from November 16, 2020.

]

Wind: If you take the first step, you'll fall into the last five steps—that's exactly what Lester Levenson (The Sedona Method) said. But I think most people probably don't understand the first step correctly. You can compare the expressions from ancient times to the present (referring to Lester Levenson (The Sedona Method) 's words quoted earlier and the two passages from the Agamas below).

"Venerable Sir! What is meant by 'enlightenment'? Venerable Sir! What is 'enlightenment'? What is 'following enlightenment'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path leading to the cessation of suffering—this is called 'enlightenment'; this is called 'following enlightenment'."

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Wind: If you can read classical Chinese, you'll find it's the same thing. Every choice, distinction, inquiry, awareness, cunning, enlightenment, and observation you make is a change of direction. Turning your whole being towards liberation is called turning towards the edge of suffering. Lester Levenson (The Sedona Method) also spoke of "enlightenment," saying, "For every ounce of pleasure you gain from the world, a pound of pain will follow." Have you heard this?

S: Mm-hmm.

L: I feel like I've heard that somewhere before.

R: Yes, I translated it as "every single one." (Note: Roller translated the article "Reaching Higher and Continuing to Release," in which Lester Levenson (The Sedona Method) says: "Every day proves to you that your happiness is not about satisfying your mind. You won't win! By satisfying every single bit of your mind's happiness, you will suffer immense pain.")

Wind: "Venerable Sir! What is meant by 'enlightenment'? Venerable Sir! What is enlightenment? What is 'following enlightenment'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path to the cessation of suffering—this is called enlightenment; such is 'following enlightenment'." This is called seeing suffering. The knowledge of suffering, the knowledge of the origin of suffering, and the knowledge of the cessation of suffering.

S: What does "苦集" mean?

Wind: Gathering is the cause, and suffering and gathering are the causes of suffering. Knowing suffering, knowing the causes of suffering, knowing that suffering can be extinguished, and knowing the path to the extinguishment of suffering—this is the first turning of the Four Noble Truths.

S: Swoosh.

Wind: This knowledge is called "enlightenment," which is like turning on a lamp in a room. At this moment, the "Eightfold Path to Noble Truth" will immediately appear before you, the wisdom of the path to the cessation of suffering. Upon reaching this point, every choice, distinction, inquiry, awareness, shrewdness, enlightenment, and observation will naturally align with the state of non-outflow. "Non-outflow" is an ancient translation, meaning perfect and without flaw. You will no longer pursue happiness that is subject to outflows (imperfections, flaws).

This stage, within the Seven Factors of Enlightenment, is the progression from Mindfulness to Investigation of the Dharma, and in the Six Steps, it corresponds to the first and second steps. However, no school of Buddhism now understands this concept; any attempt to find an explanation of the Seven Factors of Enlightenment in any Buddhist tradition will yield incorrect results. Lester Levenson (The Sedona Method) , however, explains it very clearly in plain language.

Simply put, you will only turn around and take the first step when you see the world as equal to suffering and all happiness as coming from within. As long as you still believe that happiness exists in the world, you will stop to pursue True Happiness in the world (form, person, place, thing, event).

If you frequently listen to the audio and watch the videos, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is, "Have you ever experienced an inner picture changing, and the outside immediately changing?", and the other is, "Have you discovered that all happiness comes from within?" You truly only take the first step when you discover this. In classical texts like the Agamas, it's described as seeing suffering and seeing the cause of suffering. But Lester Levenson (The Sedona Method) uses plain language to express it casually, and you might overlook it.

S: Now I understand what he means. I only heard about these things briefly before.

Wind: If you keep the possibility of finding happiness in the world in mind, you won't take the first step, because you will decide to go wherever you think you can find happiness.

S: Many people have searched everywhere but haven't found it.

Wind: All happiness comes from within, but you really need to discover that for yourself; you need to experience it. You can't just resist the world, hate the world; that won't help.

(The following is the content shared by Feng on November 17th, 2020 - regarding "entering the mainstream")

Wind: I've also failed for six years.

(Feng's statement about six years of failure is strictly self-deprecating; he had no access to the original liberation method for the first four years, only encountering it after going abroad. After following Lester Levenson (The Sedona Method) 's guidance in "The Way" and practicing the six steps of continuous liberation, he gained his freedom within a few months.)

"Chat history"

L: Where? Didn't you discover a new method three years later?

Wind: Without continuous release, it's a failure. It's stuck.

L: Is it possible that we might also get stuck for a few years?

Wind: I won't get stuck using the six steps. I didn't fully understand the six steps before, but after I did, I won't get stuck on the road anymore.

L: Could it be that we haven't understood the six steps either? That's why you think we need to wait until we truly understand the six steps, otherwise we'll continue to get stuck.

Feng: Well, one person with experience is enough, that way he can answer all the questions.

L: What exactly is the experiential level?

Wind: Just like the Buddha said, the first turning of the Four Noble Truths is completed, and the second turning begins. When you first start using the six steps, you are not using them completely; you are using the six steps to guide yourself on the right path.

L: Could you elaborate?

Wind: Sure, actually I explained it in detail yesterday. (Wind then sent Lester Levenson (The Sedona Method) 's explanation of the first step and two passages from the Agamas.) You can compare them; if you can understand classical Chinese, you'll find they're the same thing.

Let me explain more simply: **Why do you pursue happiness in this world? Because you mistakenly believe, on an experiential level, that happiness exists in the world. Therefore, Lester Levenson (The Sedona Method) makes you realize that this world is miserable. Fully experiencing this will develop an intelligence, which the Buddha called the wisdom of seeing suffering.**

Then you will see the cause of suffering: the world is filled with suffering because of your attachment and hatred. Once these are extinguished, your suffering will completely disappear. All happiness resides within you. This understanding, this wisdom, is what the Buddha called the wisdom of the origin of suffering and the wisdom of the cessation of suffering.

L: Are greed and hatred the same as wanting to control?

Wind: Longing (craving) and resentment (aversion, hatred, disgust) are two directions of your desires, which are three wants: (wanting control, wanting recognition, and wanting security).

L: I see.

Wind: Knowing that the world is suffering, knowing how suffering arises, and knowing how suffering ceases, constitutes a correct observation, which the Buddha called "right view," or "enlightenment" and "holy wisdom."

Guided by right view, the eight parts of the entire path are presented before you, which the Buddha called the "Eightfold Path to Suffering," and your direction begins to change. In the six steps, this is the first step. Therefore, the six steps initially serve as a guide, but once you truly and completely align with the first step, the six steps guide you. If you truly achieve the first step, every choice and action you take will naturally gravitate towards freedom.

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Upon reaching this point, every choice, distinction, inquiry, awareness, shrewdness, enlightenment, and observation you make will naturally shift, your entire being turning in the direction of liberation, corresponding to undefiled thought. "Undefiled" is an ancient translation meaning perfect and without flaw. You no longer seek happiness in an imperfect world, thus your entire being naturally and wholeheartedly shifts direction in every choice. Therefore,

reaching the first step of the six steps is actually what Buddhism calls the first stage of enlightenment, the stream-enterer, the one who enters the stream of wisdom—having entered the stream of saints.

You will naturally break three kinds of knots:

The first knot is the knot of doubt, because the entire path is laid out before you, so you have eliminated all doubts.

The second knot is the knot of self-view. Because of the flaws in the world, you will not look for "me" anywhere, and you will not think that the body is "me".

The third knot is the knot of mindless ritualism and dogma, because you see the source of everything, you no longer have the idea that rituals or external forces are effective, nor do you have the idea that they can lead to the end (True Happiness).

At the same time, the karma that could lead you to lower realms may be completely cleared. This is the result of completing the first step; the remaining five steps will naturally fall into your experience. This is the same principle as Lester Levenson (The Sedona Method) 's description in other audio recordings, besides in "The Way," that "once you complete the first step, every action you take will tend towards freedom."

G: My doubts surfaced last night. I stayed up all night reading my journal/diary, but I didn't release continuously because I started to doubt the release method, doubt myself, and doubt the accomplishments of the wind. Then today I couldn't get out of bed; I'm so tired. I can't release continuously as soon as I wake up like I did the previous two days. I'm a bit stuck now, in a state of indifference, sorrow, and fear.

Feng: It's perfectly normal to have doubts before truly entering the six steps (laughs). These are recurring issues. Because you won't truly eliminate doubts until the path is revealed. After the path is revealed, faith is established, which the ancient translation calls "indestructible pure faith," essentially the achievement of the second step. Since you haven't seen it yet, of course you'll have doubts.

(After Feng forwarded the previous content about "entering the mainstream", everyone continued chatting.)

L: I forgot what Lester Levenson (The Sedona Method) said, and all I remembered was you always talking about the seven senses, so I gradually started to think of all these things as your creation. I was thinking, "Lester Levenson (The Sedona Method) never mentioned 'entering the mainstream'."

Wind: The Seven Factors of Enlightenment are from the Agamas, and Nirbhakkapa Samadhi is from Yoga Science. The first step of the Six Steps is from Lester Levenson (The Sedona

Method) . Nothing I say is my own; it's either from Lester Levenson (The Sedona Method) Levenson, Yogananda, or the Buddha Agamas.

R: (Laughs) Feng was trying to educate you, but he ended up confusing you.

(Feng forwarded another chat log from November 18th)

Wind: In that case, Nirbhabhava Samadhi actually corresponds to the first step of the six steps. It also corresponds to the Buddhist stream-entry stage. So this is the beginning of the work. In this way, the explanations in the three different traditions all make sense. The language systems are different, but the things described are consistent. Even after attaining Nirbhabhava Samadhi in yoga, one still needs to go back and release the karma accumulated over lifetimes.

L: How do yoga practitioners release karma? Is it also done through release techniques?

Wind: No, those who practice yoga only begin to release karma after reaching Nirbhabhapa Samadhi. The method, as Lester Levenson (The Sedona Method) mentioned, is to eliminate past seeds by continuously remaining in infinite consciousness.

L: I see. Then the release method is more efficient. Is it faster to stay in infinite consciousness or to use the release method?

Wind: The release method (Original Sedona 1992 Method) is currently the most efficient.

L: What I mean is that they can all stay in infinite consciousness, so it should be even faster.

Wind: If you truly achieve the first step, every choice and action you take will naturally gravitate towards freedom, and then you will decide to be free. Otherwise, why would Lester Levenson (The Sedona Method) and Kam Bakshi say that once you reach the first step, nothing can stop you? Because the first step is Nirbhabhava Samadhi; there is no turning back, and even the seeds no longer matter. You will only have one direction and one goal, and that is freedom.

Let's review this section again (Note: This refers to "Sharing Part Two" in the article "How to Achieve the First Step: 'Wanting Freedom More Than Wanting the World' (Part One)"). This is what I shared in the large group. [Chat history]

Why does the Sedona Liberation Method emphasize the word "original"?

Original article: Keep it simple, release it easily, Diamond Island, 2022-02-22 17:50

Release the Diamond Island

Lester Levenson (The Sedona Method) : "You are infinite right now. You have always been and you always will be. You have no choice in this. Your only choice is to accept that you are infinite or to accept that you are a limited self."

Wind: "To go and release is to choose to acknowledge your infinite existence."

238 original articles

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Foreword:

This article is a compilation of Feng's sharing from different periods, aiming to explain to beginners why the current dissemination of the Liberation Method emphasizes the word "original." The Liberation Methods in Larry's Crane *The Book of Abundance* and Hale's *The Sedona Liberation Method* both, to some extent, altered the simple and effective original method created by Lester Levenson (The Sedona Method) . This alteration not only weakened the original method's effectiveness but also failed to lead to ultimate freedom. Therefore, to distinguish the methods, the Liberation Method taught by Lester Levenson (The Sedona Method) is now generally called the "Original 1992 Sedona Liberation Method." Furthermore, because Lester Levenson (The Sedona Method) settled in Sedona, Arizona, USA after his awakening, this method is also called the "Original Sedona 1992 Liberation Method."

Because the original release method is so simple, it seems that adding other methods, your own summarized techniques, or making slight changes to this or that can compensate, enhance, or make it more effective. However, the best way to learn release is to diligently follow the instructions. An enlightened master would never create a flawed or imperfect method for you to practice.

Keep it simple and follow the Lester Levenson (The Sedona Method) Levenson’s 6-steps, and you'll find it concise and efficient.

01

Shared on: September 17, 2020

I am Infinite: You seem quite familiar with these recordings of Leste Levenson's.

Feng: Yeah, I've listened to every single one I could find at least twenty times. Lester Levenson (The Sedona Method) gave a few suggestions in "The Way." He said that if you do any one of them, you can be free. One is to get everything and anything by releasing only. He further

explained that this means you will be constantly releasing because you will always have something you want.

Another one is "release the fear of dying directly," which means "directly releasing the fear of death." "Lester Levenson (The Sedona Method) The Way" is probably an advanced course, taught to graduates of release Sedona Method courses, and these people have done a good job of it. I listened to it while studying abroad, and there were a few audio recordings I particularly liked that resolved many of my doubts, so I listened to them frequently. I remember some phrases very well, such as from "The Way" series. Because the early audio recordings didn't discuss release very much, I listened to them a few times and then stopped, but the later audio recordings focused on release method.

Then I watched the 1992 Sedona release method course. The way they taught release method back then was different from how various students teach it now, and it was more in line with the approach Lester Levenson (The Sedona Method) described in the audio. First, find the feeling of release, then release the desire for control and the desire for recognition, and then when you can see the desire to survive (the fear of death), release it.

I am Infinite: Was I personally taught by Lester Levenson (The Sedona Method) ?

Feng: No, it was Hale Dwoskin and another woman (Nikki Warner), but Lester Levenson (The Sedona Method) was still alive at that time. Hale was the workshop leader and the release teacher appointed by Lester Levenson (The Sedona Method) Levenson.

I am Infinite: Even when Lester Levenson (The Sedona Method) was alive, no one dared to do anything, but as soon as he left, everyone started messing around!

Feng: Hale Dwoskin later established his own organization, and added many things to the release method. **It became very complicated**, when in fact it was taught very simply at the beginning. There's also a workbook in *The Book of Abundance*, which I looked at. It's basically the same as Lester Levenson (The Sedona Method) Levenson's process, but he added a lot of his own elements. Later, I summarized the teaching methods of several books. Larry Crane's process is more in line with Lester Levenson (The Sedona Method) 's abundance course, but the specific release method doesn't match. Hale Dwoskin’s book The Sedona Method uses questions in the release method, which is more in line, but the process doesn't match. Both of them made the method too complicated.

02

Sharing time: October 1, 2020

Feng: I no longer use any methods or books modified by Mr. Lester Levenson (The Sedona Method) 's students after his death as reference materials. My personal recommendation is mainly the original course from Mr. Lester Levenson (The Sedona Method) 's Sedona Institute

in 1992 (Original 1992 Sedona Method). Use this original process as a reference, and then combine it with Lester Levenson (The Sedona Method) 's later advanced course audio. I only select these two types of materials to discuss the release method.

I don't accept the books written by Hale Dwoskin after he established his own business, the books written by Larry Crane (Lawrence Crane), or other authors. I don't object to them, but I don't adopt them either. Because the original curriculum is very concise, created by Lester Levenson (The Sedona Method) himself; it's complete and clear, and doesn't need any new additions.

03

Shared on: December 22, 2020

Feng: If anyone is still unfamiliar with this, I can explain what the original version of the 1992 Sedona Release Technique was all about. (Note: The following is a rough translation of an English passage.)

After Lester Levenson (The Sedona Method) 's death, the Release Technique he invented split into several branches, the two largest or most popular of which were probably his students Larry Crane (Lawrence Crane) and
Hale Dwoskin.

Larry Crane, who was once the agent of Hollywood star Joan Collins, was as confident as Donald Trump—the kind of salesman who could sell the Book of Mormon to Mormons. He later established his own Release organization in Southern California, primarily focused on developing prosperity consciousness, which he called "The Release Technique."

Dwoskin, more as a guide or master, helped you experience your inner divinity, holding down the Sedona Method "fort" in Phoenix, Arizona, USA.

Lester Levenson (The Sedona Method) , during his lifetime, ran the institution in Phoenix with the immense help of Virginia Lloyd (author of *Choosing Freedom* book), a tireless devotee. In fact, it was Virginia Lloyd who developed most of the teaching techniques and syllabus, which later became the “Sedona Method” system, popularized in New York City and many other cities, culminating in institutional teaching in Phoenix in 1981.

Later, Hale Dwoskin moved his teaching to Sedona. It should have been very successful until the Great Recession, at which point he withdrew. He was the CEO of the Sedona Training Associates, originally called the New Age Freedom, until it was renamed with the help of New Age marketer Christopher John Payne.

Other branches were founded by Lester Levenson (The Sedona Method) Levenson’s students Kate Freeman and Rick Solomon, who around 2015 established the Center for Releasing to

help the world and created a website of the same name. There are probably at least 100 people teaching the original Sedona Method, writing books based on their experience, or simply posting information online to help.

Among these 100 or 200 of Lester Levenson (The Sedona Method) Levenson's students are Laura Lucille (wife of Francis Lucille in Temecula, California, USA), Angrika James, Stephen Seretan, Tim McCavitt, Janet Bechtel, Annie Sobchart, Dearborn Clark, Ron Perla in Phoenix, Michael Kline in New York, Pamela Wilson in Seattle, Alan Rasmussen in Tucson, and Jeanne Fitzsimmons in Los Angeles.

Some have left the original 1992 Sedona Method (as taught by Lester Levenson (The Sedona Method) Levenson) behind; some are slightly modified; and some, especially Crane, are hyperactive.

04

Shared on: December 29, 2020

Feeling: Wind, Hale Dwoskin was so lucky to meet Master Lester Levenson (The Sedona Method) and be authorized to continue this method, yet he still failed to reach the end. Why is that?

Wind: You can see that even when Lester Levenson (The Sedona Method) was alive, Hale already had a tendency to modify this method. The people Lester Levenson (The Sedona Method) truly admired, Michael and Ralph, he wouldn't let them spread the method. The people Lester Levenson (The Sedona Method) entrusted with promoting the method were precisely those who weren't inclined towards freedom. Those who were inclined towards good, Lester Levenson (The Sedona Method) would only let them be released, to gain freedom first.

The teacher-student relationship is one of correspondence; in reality, the general public doesn't desire freedom.

Those who don't want True Freedom are suited to modified methods for psychological stress relief. Each has their own suitable approach, which you could also attribute to karma.

05

Sharing time: December 1, 2020

Feng: The key is that not many people actually want freedom, so it's inevitable that this method will be distorted. Lester Levenson (The Sedona Method) didn't force the whole world to learn the Sedona Method; he fully knew that Hale would modify the method. I remember he seemed to tell a student that Hale would go astray, but Hale's mission was simply to spread the Sedona Method globally. For example, China only learned about the Sedona Method because of Hale

Dwoskin and Larry Crane.

Then, those who truly want freedom will naturally find Stephen Seretan and others, will naturally find the 1992 Original Sedona Method course, and will naturally find its original version. (Lester Levenson (The Sedona Method)) He certainly knew that I translated The Way.

06

Shared on: December 22, 2020

Wind: Lester Levenson (The Sedona Method) knew about Hale and Larry's inclinations many years ago, so he rarely discussed the topic of ultimate freedom with Hale. He favored Stephen. Stephen was a niche liberation teacher and also Lester Levenson (The Sedona Method) 's student. Lester Levenson (The Sedona Method) talked to Stephen a lot and often pushed him, being extremely strict with him. Unfortunately, although Stephen tried his best to remember Lester Levenson (The Sedona Method) 's words, his over-reliance on Lester Levenson (The Sedona Method) also hindered his progress.

Xu Tao: The author of the book "Me and Lester Levenson (The Sedona Method) " is Stephen Seretan.

Feng: Yes, this is Stephen's book. He wrote on his personal website, "Some excellent students have made additions and modifications to the release method, but I believe those modifications could only weaken the immense power of this concise method." This is also Stephen's statement, so he was the earlier propagator of the original version of the release method. It was after reading what he said while I was studying abroad that I went to collect Lester Levenson (The Sedona Method) Levenson's direct instruction and the original version from the Sedona Institute.

Everyone is free at any time, depending on their own decisions, but Lester Levenson (The Sedona Method) can discern the inclinations of some people. He will be strict with those whose inclinations are good and whom he favors. He will be gentle with those whose inclinations are bad, who are almost certain to stray from the right path, and rarely correct them, such as Kate Freeman, Hale, and Larry, because their inclination towards freedom is not strong in this life.

07

Shared on: December 22, 2020

(A netizen sent me a photo)

Feng: This is Ralph, a student Lester Levenson (The Sedona Method) highly regarded. He has always taught the release method for free. He said, "Lester Levenson (The Sedona Method

) has taught me for so many years without charging me a single penny, and I won't charge him either." He was a student who followed Lester Levenson (The Sedona Method) from his early days to his later years.

The finger is identified as the moon: Did he not gain freedom either? Or was his inclination towards freedom not obvious?

Wind: No. He has a tendency toward freedom. A person can stop at any time, can fall out of the six steps at any time. The day after Lester Levenson (The Sedona Method) died, he appeared before him to encourage him: "You either do it or you don't, but I hope you do it."

Ultimate Freedom: You will suffer forever unless you release the three great desires—I think this is what Lester Levenson (The Sedona Method) and Stephen said.

Feng: Yes, these are some of Lester Levenson (The Sedona Method) 's promising disciples. Later, Lester Levenson (The Sedona Method) only recommended the Release method; you can watch the video documentary about Lester Levenson (The Sedona Method) "Go All the Way." Lester Levenson (The Sedona Method) didn't clearly map out the teaching himself during those eighteen years, so his early teaching wasn't very effective.

"The Ultimate Path to Freedom" is an early audio collection; he hadn't yet formalized the Release Method. Furthermore, the fastest method is directly discovering "who I am," but almost no one on the planet can use it now. Methods less efficient than Release Method, such as meditation, were previously recommended by Lester Levenson (The Sedona Method) as Kriya Yoga and meditation. Later, he discovered that just one Release Method is equivalent to months of meditation. Because meditation only makes the surface mind feel better, after obtaining the concrete manifestation of Release Method from inner guidance, he taught it to his students, writing down the perfect six-step map. Since then, all his teaching has focused on Release Method.

Identifying the moon: Oh, thank you for your explanation, Mr. Feng.

Feng: You're welcome.

Identifying the moon: Among Mr. Lester Levenson (The Sedona Method) Levenson's disciples, are there any who have gained their freedom?

Feng: Yes. There was one at the Sedona Institute, but he chose to live in seclusion. There was also Kam, Larry's student, who, after listening to the Lester Levenson (The Sedona Method) audio recordings Larry sold, also used the six-step method to reach his end. Kam's articles are widely circulated, and most people should have seen them.

Qingxi: Teacher Feng, could you explain the "Who Am I" method in more detail?

Wind: This method involves focusing intensely on the question "Who am I?" until you obtain the answer. The answer exists infinitely; it's not given by the mind, but directly experienced.

Almost no one can use this method because your interest in knowing the answer doesn't last long.

08

Tiancheng: Teacher, I'd like to ask, what is the highest level of attainment achieved by those teachers who spread the original Sedona Liberation method in the United States (who have a very good grasp of the theory)? For example, Stephen Seretan, Kate Freeman, and Ralph. I know that none of them have reached true freedom, but have any of them attained any of the eight limbs of yoga?

Wind: Freeman has gone astray. She no longer spreads the original method of liberation, but has mixed in other spiritual practices, meditation, and Zen meditation.

Although Stephen Seretan maintained a relatively primitive approach, he had developed a misunderstanding of the release method. When Aheng was stuck before, he emailed Stephen, asking how to resolve the issue. Stephen Seretan replied, "You can go for a walk; Lester Levenson (The Sedona Method) used to walk all over New York." Lester Levenson (The Sedona Method) 's walking, like my running, was due to continuous release; the energy surged to a certain point, and the body couldn't handle it anymore, not because of being stuck. Stephen himself had lost faith in freedom; he had essentially given up on ultimate freedom.

Ralf, due to his dependence on Lester Levenson (The Sedona Method) , never reached his goal. Furthermore, Ralf had a misunderstanding (note: Ralf once said that when releasing a goal, there's no need to check the results or seek external confirmation). External confirmation is crucial; Ralf's decision to forgo external confirmation resulted in him suppressing some feelings and deceiving himself into believing he "didn't care." If a person still feels "unable to do something," they should release that limitation to achieve true freedom.

Tiancheng: So, to achieve freedom, one must become a superman? An omnipotent superman, who cannot do even the slightest thing, cannot be free. Is that right?

Wind: Yes, freedom is becoming your infinite being, it is releasing all limitations. If your mind is completely still, your feelings and thoughts are fully released, you are infinite being. Omniscient, omnipotent, omnipresent.

Tiancheng: Teacher, can you create another universe now? Or ten universes?

Wind: Okay.

Tiancheng: How can this be done?

Wind: An effortless thought; everything is an effortless thought, as long as you are willing to do it.

"Six Steps to Talking About Wind" Serialized Part 1 | Editor's Preface: Implementing the Six Steps to Release
Original article by Yiman Release Method, Diamond Island, 2022-02-09 17:29

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

❀ Hi ~ Welcome to the island ❀ — When you turn inward, you will find that all happiness is there —

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Editor's Preface

Implement Lester Levenson (The Sedona Method) Levenson’s six steps to release

I began exploring spirituality in the fall of 2019, and encountered the Sedona Release Method in March 2020. My first attempt, releasing my emotions towards a former colleague, surprisingly resulted in me laughing out loud, which astonished me (a great feeling of release) . The descriptions of the powerful effects of the Release Method in *The Book of Abundance*, Lester Levenson (The Sedona Method) 's awakening story, the documentary reminiscing about Lester Levenson (The Sedona Method) … all of this drew me to learn more about this amazing "Release Method."

At the time, I didn't know about the original release method. Later, when I tried to learn more about release, both Larry's and Hale's explanations seemed convoluted and unclear. This made me give up on release and go back to the Zero Limits cleansing method (The Zero Limits cleansing method, based on Ho'oponopono) . Although I temporarily stopped releasing, I always kept the release method in mind and knew that it was the more ultimate method.

Then Wind (Feng) appeared in our chat group. Just like his name "wind," he himself was like a gentle spring breeze that blew away the confusion and gloom in the inner liberation circle. He made everyone aware of the existence of the "Original Sedona Liberation Method," bringing clear guidance and bright hope to those who were exploring the path of liberation.

Wind/Feng not only clarified the key points of the release operation and resolved my various doubts about the release, but also showed me the core key to reaching the end point - implementing the six steps.

Whenever netizens ask questions about liberation, Feng always answers patiently and thoroughly. Because of his excellent memory and familiarity with Lester Levenson (The Sedona Method) 's teachings, he always relies on and quotes Lester Levenson (The Sedona Method) 's explanations when answering questions. Although Wind (Feng) has a broad range of spiritual knowledge, he rarely uses other methods or theories to highlight his own unless necessary. He has made a significant contribution to spreading the original and authentic liberation method.

Wind (Feng) gentle humility, his erudition and wisdom, and his unwavering pursuit of freedom all deeply moved me. His real-life example of "gaining everything solely through liberation" also greatly inspired me during my moments of stagnation. Ultimately, his journey to the end through continuous liberation made me feel for the first time how close "enlightenment" was to me.

Wind (Feng), through his personal practice of the Sedona Liberation Method and his eventual attainment of freedom, is the window through which I, after Lester Levenson (The Sedona Method) , once again turned my attention to the infinite existence. It can be said that it was the wind's sharing that drew me back to the Sedona Liberation Method. Without his guidance in translating the original English materials on the Liberation Method, clarifying the unmodified original teachings, and patiently emphasizing key points repeatedly, I believe it would have been difficult for me and many others to embark on the correct path of liberation.

This is also thanks to "I am Infinite," the operator of the "Original Sedona Liberation Method" WeChat official account. It is your rigorous and selfless sharing that has allowed more people to access detailed information on the original liberation method. Thank you very much for your continued dedication. It is your rigor that has created an atmosphere more conducive to the correct learning of liberation, thus allowing the sharing to flourish and finally giving the original liberation method the opportunity to be revealed to netizens interested in inner liberation.

Original Sedona Release Method

"We are infinite beings, yet we believe in limiting beliefs within our minds." -- Lester Levenson (The Sedona Method) Levenson

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In addition, I would like to express my special thanks to Tiancheng for selflessly sharing Feng's chat logs with everyone. He is a very good questioner, and without him as an excellent "questioner," we might not have known many of the key points and reminders about liberation. On the path of exploring liberation, I am very grateful for his help, reminders, and encouragement, and I thank his **WeChat official account "Shortcut to Freedom".**

WeChat official account “ A shortcut to freedom “

Lester Levenson (The Sedona Method) Levenson: Follow the six steps, and you can complete the entire journey and reach the finish line within one to two months.

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Wind (Feng) 's intensive explanations of the original 1992 Sedona release method from September 2020 to March 2021 are undoubtedly excellent learning materials. Feng's retelling of Lester Levenson (The Sedona Method) Levenson's teachings helped me better understand some of Lester Levenson (The Sedona Method) 's words and realize areas I had previously overlooked. Initially, I compiled this book with a self-help approach, but later, using the six steps as the main framework, I selected portions of the content and strung together these scattered sharing notes, thus creating a book. This approach facilitates a holistic understanding of release for myself and others, and helps those learning the release method to better practice independently without relying on others. This is my original intention in compiling "Feng Talks About the Six Steps."

Because Feng's sharing of the release method is based on Lester Levenson (The Sedona Method) 's explanation, and the two complement each other, I later compiled Lester Levenson (The Sedona Method) 's account of release into a book called "Lester Levenson (The Sedona Method) on Release." This is the origin of the two books on release.

To protect privacy, some netizens' names have been omitted or replaced with English letters in this book. Additionally, due to the limited length of the book, some simplification and adjustments to the original chat content are inevitable. Transforming fragmented chat logs from various sources into a book may inevitably result in some errors, omissions, or oversights; your understanding is appreciated.

In 1974, Lester Levenson (The Sedona Method) Levenson organized a training program for Sedona Method instructors, hoping to systematize the liberation method into a course accessible to everyone. Inspired, he summarized the entire course into a simple six-step process. These six steps to freedom are not only the core of the liberation method but also a "super navigator" that guides us back to freedom when we stray from the right path, ensuring our continued liberation. When we experience difficulties in liberation, it's because we've deviated from the six steps; simply returning to them is the solution.

Hopefully, this book, *Six Steps to Talking About Wind*, will guide you in learning to use the six steps, helping you to better support yourself and consistently implement them until the end. **However, any informational material ultimately needs to be let go; there's no need to accumulate content in your mind to develop your intellect. The mind is an obstacle; learning requires personal direct experience of Truth.**

As Feng said, "Release is a person's most natural ability, but too much mental content can hinder this ability. Forgetting to release is not because you haven't learned enough or

accumulated enough knowledge, but because you've accumulated too much. When you accumulate a lot, you are developing your mind, which will obscure/weaken your ability to release."

Therefore, this book also needs to be put down in the end. Just go back to the original six steps and keep it simple to let go.

Wind (Feng) has also reminded us that the clarity gained from reading materials cannot compare to the clarity gained from liberation. **Don't let yourself become like Wind suggests, filling your mind with concepts instead of actual liberation to achieve freedom**. So, let me remind everyone again: don't use chatting and reading to delay actual liberation. Initially, reading Wind's chat logs and joining liberation groups to exchange ideas with other users might help us get started, but no matter how much we read, think, or talk, ultimately it all comes down to real liberation within oneself. The secret to staying ahead is to start doing it (release) as soon as possible.

Lester Levenson (The Sedona Method) once said that the Liberation Method is the only effective way to achieve ultimate freedom in the world today, and I have personally experienced this in my understanding of other spiritual methods and in my practice of Liberation. As I continue to release, I experience the interconnectedness of the six steps; it truly is a clear map guiding me on the right path of Liberation.

The only way to express our love and gratitude to Lester Levenson (The Sedona Method) and the wind is to put into practice what they taught us, to go in the direction they always pointed us to, to reach the end, and to gain freedom.

If they were here right now, I think they might say, "This is the path I took. You should do the same, and you'll reach your goal."

Welcome to your journey of liberation. Pay attention to these six steps, continuously releasing until you achieve ultimate freedom. Best of luck!

Finally, I'll conclude with Lester Levenson (The Sedona Method) Levenson's words: "The path we've taken begins here and leads to complete freedom. That's the first point I want to emphasize. The second point is that we can achieve it in this lifetime! For many people with the same goal, it usually takes many lifetimes to achieve. But we can do it in this lifetime."

Best wishes to all those on their journey, keep going all the way to True Freedom!

Yiman, November 18, 2021

"Six Steps to Popular Talk" Part 2: How I Did It
Original article by Yiman Release Method, Diamond Island, 2022-02-10 16:08

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

❀ Hi ~ Welcome to the island ❀ — When you turn inward, you will find that all happiness is there —

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Read books with questions in mind

Active learning

Yes, you can read the entire book "Six Steps to Wind's Talk" with the following questions in mind, and finally write down the answers on how to implement the six steps below to remind yourself.

1) How to do and achieve the first step?

2) How do I do the second step?

3) How well did I use step three? Did I set goals to achieve or use Lester Levenson (The Sedona Method) 's freedom guidelines to be aware of my feelings and release them at any time?

4) How do I complete the fourth step?

5) How well did I use step five?

6) Have I used step six to examine my release? Have I experienced step six?

*After reading this book, please write down the six-step practice version that you use to remind yourself to release in your daily life (see page 27 of "Six Steps of Wind's Talk"). When you encounter situations such as mental confusion, not knowing how to release, feeling that the release is not right, or stopping the release, use this page to remind yourself and pull yourself back on the right track.

After you finish writing, you can copy another sheet and stick it in a frequently used place.

Yiman: Regarding the practical version of the six-step process, I've written many versions for myself. The two images below are two versions I used myself, for your reference. I suggest you

create a simplified practical version based on Feng's sharing of the six steps to guide yourself in releasing stress, making it easier to remind yourself daily.

Why write down the process of guiding yourself to release your emotions on paper to remind yourself?

Our brains dislike ambiguity and uncertainty. When we want to release something but are unclear about the process, the brain uses this ambiguity to persuade us to do something that seems easier (like watching TikTok videos on our phones). Sometimes, it's not that we lack motivation, but rather that we lack clear steps to do something. Writing down a clear, guided release process eliminates ambiguity about how to practice it, allowing you to directly follow the process, which can greatly improve focus and motivation.

Don't underestimate our tendency to avoid facing our feelings (suppressed emotions , repressed emotions). Before entering a stable and continuous state of release, we often stop releasing as soon as we feel good. The six-step practical process can remind us to continue releasing and not to find opportunities to stop easily.

When we stop releasing for a long time for some reason, and suddenly want to release but don't know where to start, the pre-written process can quickly tell me what to do and pull us back to the six steps to start releasing again.

PS: You can buy a folder with transparent inserts (there are many styles available at roadside stationery stores and on Taobao) to collect your daily notes about the release (process, gains, important reminders), organize them together, and make them easy to access at any time.

"Six Steps to Talking About Wind" Serialized 3 | Using the Six Steps: Step One - Remind Yourself to Release
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-13 19:59

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

The first step in the six-step process is to remind yourself to release.

When the desire for Freedom outweighs the desire for control and approval, we become willing to release all feelings that limit us. When the desire for control and approval outweighs the desire for freedom, we stop releasing. Therefore, the first step is crucial; it's not just a statement, but a reminder when we're unwilling to release. "Chat history"

Wind: Would you rather be stuck trying to control these things, or would you rather release them and be free from them?

D: Of course I want freedom.

Wind: **So you want freedom more than controlling these feelings?**

D: Yes.

Wind: Can you let go of your desire to control it?

D: It's stuck.

Wind: Do you want to keep controlling this stuck situation and getting entangled with it to the end, or do you want freedom? (laughs)

D: I wanted freedom. I was released.

Wind: Can you see this now? Do you want to control it? Has it left?

D: The feeling left.

Wind: This demonstration shows how to use the first step, the first step of the six steps. If you get stuck, use the fifth step. If you don't want to release it, use the first step.

"Six Steps of Wind Talk" Serial 4 | Do I want freedom now or control and recognition?
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-13 19:59

Do I want freedom now, or do I want control and acceptance?

L: It suddenly occurred to me that I could try simply being aware without releasing. This would help me break free from my bad habit of habitually controlling and forcing myself to release.

Wind: I don't think you should do that, it's also about trying to control. If you don't confront the card, you're just letting it work on you. Use a release process to deal with the habit, don't do anything outside of the six steps.

"Just being aware" will result in maintaining a superficial calm, which is also a form of being stuck—stuck internally. You're simply refusing to acknowledge that feeling of being stuck. Don't fear the stuck habit; allow it to surface so you can release it.

L: Yes, I think so too. I'm so worried about this that I can't sleep. I desperately want to change, including desperately wanting to break through and achieve a breakthrough.

Wind: When the feeling of being stuck comes out, you have a strong tendency to change it.

L: Yes.

Wind: Your current thought is driven by the desire for change. This is the reason why any mind wants to alter a process. Can inertia be overcome through suppression? Ignoring the feeling of being stuck is suppressing it.

L: Yes, we still have to follow the procedure to release it.

Wind: Inertia is nothing more than a feeling that drives things; the program is the feeling. Returning to the third step of the six steps, all feelings are a desire to control and identify with them; release them.

L: Okay, I'll go and check it out again.

Wind: **The Lester Levenson (The Sedona Method) Levenson's six steps are a tool to guide us on our journey; use them to replace our minds and make them our minds.**

L: I suddenly realized that I still can't memorize the six steps.

Wind: Hold it in your hand, keep it by your side. There's no need to carry it on your back.

The first step is to prioritize the desire for freedom over the desire for approval and control. If you can't do this, many feelings won't even surface. Right now, if your desire for control and approval outweighs your desire for freedom, you won't release it. Now you need to decide to release that controlling desire that's holding you back; make the next decision to transcend it. Allow it to surface and then leave, and then act. Allow yourself to be aware of your current feelings—whether they are a desire for control or a desire for approval—and let them go.

L: I suddenly realized the desire to control my "always being stuck" feeling. Before, I only knew it but couldn't perceive it.

Wind: You must make a decision to transcend it in order to perceive it.

L: Could it be that you don't have a strong desire to release what's stuck, and you haven't made a decision because you feel it's too difficult?

Wind: Because the desire for freedom did not outweigh the desire for control, you let it stay inside.

L: **Yes, I just saw that wanting Freedom is infinitely more important than wanting the world, and it suddenly dawned on me. It's amazing.**

Wind: It's really simple, the answer is in six steps.

L: This is the first time I've actually used six steps.

Wind: You can understand it as "wanting to release it." If you want control and recognition more than freedom, you suppress it and won't let it out. Only when you want freedom will you allow it to surface.

L: I feel like this desire is right next to me, but I just couldn't see it before. Now it's easy to notice it.

Wind: So, make sure you take the first step. I didn't emphasize this before because I thought it was common sense.

L: I haven't even thought about it. I just looked at the first step. I haven't even thought about whether I can do it or not.

Feng: But Lester Levenson (The Sedona Method) said the first step is the most important step, so it should be emphasized.

L: I couldn't understand it before, but now I truly understand it deeply.

Wind: In this situation, it's simple. Do you want to release that card now? If you do, you'll decide to do it. You'll allow it to surface rather than letting the desire for control stay inside and operate on its own.

L: Yes. I want to release this card; I'll try it directly.

Wind: None of the six steps can be ignored. If even one step is not done, you will stagnate. You can't say, "Ignore step X first," because doing so will prevent you from continuing.

L: I'm currently not releasing my subconscious deeply enough to warrant the six-step process. No wonder I've never intentionally used the six-step method.

Wind: Let me explain a very simple, first-step application: **When you want to talk to someone, suppose you have a desire for recognition. At this moment, you stop releasing, and a desire for recognition is at work within you. If you remind yourself of the first step: I want freedom more than I want recognition and control, you can allow this desire for recognition to surface. Otherwise, you will talk, letting that desire for recognition stay inside and operate within you.**

L: Yes, I understand the usage to some extent now.

Wind: No step is superfluous. So try to understand all six steps thoroughly, so that you can continue to release. If you have any doubts about the six steps, feel free to speak up, because I now have a very clear understanding of them.

Y: Does wanting freedom mean wanting to get rid of all feelings?

Wind: **Freedom from all limitations and all feelings.**

"Six Steps to Talking About the Wind" Serialized Part 5 | How to Achieve the First Step: "Wanting Freedom More Than Wanting the World"? (Part 1)
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-14 22:26

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

Let's first see what Lester Levenson (The Sedona Method) had to say about the first step.

Lester Levenson (The Sedona Method) : Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally came about. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want recognition and control," since recognition and control are synonymous with the world. But I think it's better to say "You must want freedom more than you want the world."

If you do that, your next action will be to turn your gaze away from the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here. So the first step is that you must desire freedom more than you desire this world.

—Excerpt from The Way Part 1

► How to use the first step?

Now, do I want freedom, or do I want recognition (approval, validation, love) and control?

You may want control and approval, but you want freedom more than that. If right now you want control and approval more than you want freedom, you won't be able to let go.

Actively use the first step to remind yourself to release.

"Chat history"

► How can we truly achieve "wanting freedom more than wanting the world," and how can we turn ourselves in the direction of freedom?

Tip 1: By continuously releasing and confirming your gains, you confirm the source of your happiness.

Shared on: November 17, 2020

Wind (Feng) : The way to change direction in the release method is by constantly confirming your gain. You will want to release because you benefit from it.

For example, if you have an exam today and you've previously succeeded through diligent study, you'll study hard. But if you succeeded through release, you'll go for release. You need to make sure all your gains come from release.

Get everything by releasing only. It's important to gain benefits initially, allowing the gains to support you in achieving even greater gains.

Simply put, you will only turn around and take the first step when you see the world as equal to suffering and all happiness as coming from within. As long as you still believe that happiness exists in the world, you will stop to pursue it.

If you frequently listen to the audio and watch the videos, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is, "Have you ever experienced an inner picture change that immediately changes the outside world?", and the other is, "Have you discovered that all happiness comes from within?"

You really can only take the first step if you discover this. In classical texts like the Agamas, it's described as seeing suffering and seeing the cause of suffering. But when Lester Levenson (The Sedona Method) says it casually in plain language, you'll overlook it.

So changing direction isn't about shouting or repeating in your mind "I want freedom," but about gradually confirming that your gain comes from liberation. Nothing is outside of these six steps.

You can't just resist or hate the world; that won't do any good. Unfortunately, when most people cry out for "freedom," what they're suppressing is their loathing (aversion, hatred, disgust) of the world. But loathing and craving are two sides of the same coin; they are two polarities of desire.

(Wind: Disgust and longing go hand in hand. When you hate the world, you don't want freedom. You feel the world isn't good enough, and you want a better world.)

It only works if you actually take the first step at an experiential level. Through continuous release, continuously confirming your gains, confirming your source of happiness. Okay, release, from gaining a little benefit to gaining all the benefits. There's nothing else to say.

Sharing 2: You've been trying to find happiness in the external world, using desired goals to evoke and release feelings, constantly seeking the source of happiness, until you experience that the source of all happiness is "a quiet mind, allowing the infinite inner existence to reveal more." Then you will change direction, thus achieving the first step.

Shared on: November 17, 2020

Z: Wind, these past two days I've experienced a release where I find that what I want actually makes me resist a lot, while what I don't want actually feels "beneficial." These external things I want/don't want are illusions because I've given them meaning. What's the next step? Should I continue with the target process, etc., to pull out more negative processes?

Wind: **If you want something, go for it. That's what Lester Levenson (The Sedona Method) taught . The more you acquire, the more you discover the true source of happiness (within you). When you truly achieve this, you don't even need to think about it anymore. You don't need to think about whether you want freedom or the world; every action and choice you make from then on will naturally tend towards freedom.**

But if you still retain the possibility that "happiness exists in the world," you won't achieve it. You'll subconsciously look for happiness elsewhere, and this becomes your goal; you need to use this goal to outline the process.

Only by achieving your goal will you realize that the program has been working on you all along, and your direction will truly change. The first step is not just a slogan; the six steps form a very comprehensive map.

You need to confirm what you've gained through liberation until you discover that all happiness comes from one thing—Beingess – infinite existence. Discover, as Lester Levenson (The Sedona Method) said, that the world is completely miserable.

Z: So, when we talk about achieving what you want, this "wanting" is still directed towards the world, right? This is an essential step in confirming a gain, isn't it?

The Wind (Feng 风) : If you suppress it, it will keep affecting you, and you'll never get to the first step. When you achieve your goal, you'll find you haven't gained the happiness you imagined. At this point, you'll set the next goal, the next desire for the world. When you achieve

that too, you'll find you still haven't found the happiness you want, so your desire will move on to the next goal.

You will continue to rise, constantly confirming the source of happiness, until you experience that the source of all happiness is that your "mind is quieted down, allowing the infinite existence within to manifest more." Your direction will then change, and that is when you have completely completed the first step. Freedom will then become your sole goal.

Next, as Lester Levenson (The Sedona Method) said, you'll automatically fall into the last five steps, that's it. (laughs)

Z: Okay, I understand now. If we don't do it, we are actually suppressing ourselves, and we are still being driven by the three major desires.

"Six Steps to Talking About the Wind" Serial 6 | How to Achieve the First Step: "Wanting Freedom More Than Wanting the World"? (Part Two)
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-14 22:26

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

❀ Hi ~ Welcome to the island ❀ — When you turn inward, you will find that all happiness is there —

Thirdly, we constantly try to find happiness in the external world, cultivating the habit of "gaining everything simply through release." By consistently implementing the six steps of release, we obtain everything we desire until we truly experience that happiness originates from within. At that point, you will spontaneously stop seeking happiness in the external world, and you will naturally "want freedom more than you want the world."

Sharing time: December 9, 2020

Wind: Lester Levenson (The Sedona Method) also talked about it in detail. There are two driving forces for growth: one is pain, like someone whipping your body from behind; the other is happiness.

What is the sole source of happiness? It is the quieting of the mind, which allows your infinite existence to be revealed more clearly. Does the happiness you derive from food come from the food itself? No, it comes from the temporary quiet of your mind while chewing. **Does the happiness you derive from sex come from sex itself? No, sex brings happiness because it allows the mind to be temporarily and intensely quiet for a moment.**

The first step of the six steps is actually quite simple. Achieving it completely is not easy, but the method is simple. Here's a summary from Lester Levenson (The Sedona Method) 's *The Way 2*:

Lester Levenson (The Sedona Method) : So, what do you need to do? I summarized it during the previous four days of classes.

The first lesson is that you must desire freedom more than you desire the world. Consequently, you should obtain all happiness from within yourself, simply by releasing it. This is lesson one.

Lesson Two is: You must make a decision to be FREE, and then you act on it (release). In fact, if you decide to be free, you will act on it. It's that simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will lead to freedom. The most fundamental thing is continuous release.

The third lesson is to confront and release the fear of death directly. Release the fear of death directly. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is, starting now, to obtain everything you want through liberation. I guess this is the most practical of the four.

How successful and peaceful are you now? Do you still mostly do things from your ego's perspective? Remember, when we do things through liberation, it's effortless. If you're putting in effort, it's driven by the ego.

Wind: Lester Levenson (The Sedona Method) 's favorite is the fourth: Get everything you want by letting go. Why? It's simple. Freedom is the state of being completely without desire; if you still have desires, you are not free.

Can suppressing your desires make you completely desireless? No. It will only allow your desires to drive you at a subconscious level, making you hate the world and leading to even stronger expression of those desires. Therefore, you must release them. Write down all your desires and fulfill them all through release. Suppressing desires is not the same as being desireless.

Z: Wind, during the process of releasing goals, I discovered a stage where I no longer desired the goal itself. I realized I just wanted security, so I released it. It seems I no longer care whether the goal was achieved. At this point, is it still necessary to focus on whether it was achieved? Must I release it until it was achieved? (I no longer need this goal, do I still need to release it?)

Wind: Therefore, you need to release your desire to control it more often, until you are completely certain that it will be achieved. **The greatest benefit of releasing your goal is not the goal itself, but that it makes you realize that you are the master of your resources,**

and that you must prove to yourself that you have the ability. If you really don't want this goal anymore, then change to something you really want, but you must achieve it. You can't keep procrastinating, and you can't let failure become the norm.

You can try to release and acquire what you currently desire most, and you'll find that it doesn't bring you happiness. You move forward and release another new goal. You'll find that there's no happiness in that either. Finally, you're left with only one direction: freedom. Why do this? Because you only theoretically know the source of happiness, not actually experience it. Until you truly experience it, no matter how much you shout slogans of freedom, your actions will contradict it.

It's normal to feel resistance the more you release. The deeper you go, the more stubborn processes you'll encounter. At this point, just remember the six steps and treat each release as if it were the first. Any feeling is just a feeling. Yes, experience it, using Lester Levenson (The Sedona Method) 's favorite teaching.

Z: This inspired me. Let go of all the things in your mind that you want to understand (and control).

Wind: Shouting slogans about wanting freedom won't help. Because if you see attractive people of the opposite sex, delicious food, nice houses and cars, or even interesting videos, you'll still be drawn away. Want to know why you'll be drawn away? Because on an experiential level, you perceive pleasure in them.

Repeating a theory ten thousand times in your conscious mind won't actually change your direction. But if you truly discover that the source of all happiness is one (when your mind quiets down, some of your infinite existence is revealed), then you will change your direction.

Therefore, Lester Levenson (The Sedona Method) believes the most practical way is to obtain everything you want through release. Why? Because you live in wanting. You want this, you want that, you can't stop, and this keeps you in a state of release until you release all desires. Through release, only through release.

(Feng then quoted a passage from Chapter Two, "Problems and Solutions," of "The Road to Ultimate Freedom.")

Q: She has to go out and find a job, go to an employment agency, she can't just sit and wait to die!

Lester Levenson (The Sedona Method) : I would say what she really needs to do is let go and be her true self. That way, even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to be. You already know everything is perfect, so even the smallest thought will come true. "God" is infinite,

truly infinite. If you release, whatever you think will come true because you've activated your own infinite power—your true self. Nothing can stop it!

Q: But at the same time, you also need to take action.

Lester Levenson (The Sedona Method) : No, I said the exact opposite. I said lock yourself inside, and put a lock on the outside. If you do as I say, you'll find it works, and it certainly does. Nothing can stop it, because omnipotence is activated!

Wind: Lester Levenson (The Sedona Method) Levenson's point is radical. He means that you can achieve this simply by releasing yourself, locking yourself in a room. So pay attention to this; it has nothing to do with action. You don't need to think about specific actions at all. When you find yourself thinking about action, notice that your feeling is still "I don't have it," and continue releasing. Just do it; don't procrastinate.

Z: The stubborn emergence of "not believing in free lunches" (“money doesn’t grow in trees”) and even doubt about the release method—is it an attempt to release the desire to control this doubt? This is a major stumbling block for me; I can't proceed from here.

Wind: It's just a feeling, isn't it?

Z: Yes, doubt—fear, thank you! It's all feelings.

"Six Steps to Talking About the Wind" Serialized Part 7 | How to Achieve the First Step: "Wanting Freedom More Than Wanting the World"? (Part 3)
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-16 22:57

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❀ Hi ~ Welcome to the island ❀ — When you turn inward, you will find that all happiness is there —

► How to achieve the first step: "Wanting freedom more than wanting the world"? (Part 3)

2020.11.28

Tiancheng: Feng, are you there? I'd like to hear your practical experience with Nirbhabhapa Samadhi. (Note: Fully achieving the first step of the six steps corresponds to "stream-entry" in the Agamas and "Nebhabhapa Samadhi" in Yoga science. Here are two excerpts from Feng's explanation of Nirbhabhapa Samadhi.)

[2020.12.11] Wind: Nirbhabhava Samadhi, actually the complete attainment of the first step of the six steps. Why? Because you will only achieve it completely at the moment you come into contact with infinity.

By continuously connecting with the infinite through release, you will suddenly discover that those seeds no longer have any effect, and all your motivation to seek happiness elsewhere disappears. Because you have discovered the sole source of happiness on an experiential level, the seeds will no longer be effective.

Unless you come into contact with infinite consciousness, you will always feel that there is happiness in the world. As long as you feel that there is happiness in the world, your direction may turn towards the world again; it's that simple.

[2020.11.19] Wind: No longer tempted by self-consciousness, completely inclined towards freedom. This is the first step of the six steps, which in yoga they call Nirbhakkapa Samadhi, the beginning of the real work. If you don't reach this, you may regress; if you do, you won't regress. Truly reaching the first step means you won't sink into delusion. Stream-entry (pre-stream), no more regression.

Insight into the source of happiness will get you to the first step. After that, every decision you make is inward, a way to free yourself from your constraints and move toward your true self.

Feng: I only learned about this term (Nabhikapa Samadhi) later. I studied Theravada and Mahayana Buddhism for many years, and specifically studied Pali in order to read the Pali Canon. Therefore, I immediately reset the Agamas, and I deeply understood the meaning of "stream-entry" in the Agamas. When you fully achieve the first step of the six steps, every inclination and choice leads to freedom. The wisdom of seeing suffering is the precursor to achieving the first step. You will see that the direction of the world = suffering, and the direction of freedom—infinite existence—is the only source of happiness, and you will spontaneously stop all attempts to find happiness by crashing and bruising yourself in the world.

Tiancheng: How can one quickly and experientially achieve the first step? That is, the stream-enterer stage.

Wind (Feng): By implementing the six steps. **The sixth step is the easiest to overlook among the six steps, but it is the key to achieving the first step.** Because you are actually seeking happiness in the direction of the world on an experiential level, you must practice Lester Levenson (The Sedona Method) 's favorite teaching: get everything by releasing only. Every time you want something and achieve it through releasing, the gain will make you want to release even more. Constantly confirming your gains will allow you to continuously release yourself. Until you find yourself still unhappy despite achieving your goals one by one, you will "discover" on an experiential level that nothing can truly bring you happiness. Immediately, you will become aware of the sole source of happiness. At this point, a change in flow will occur, a complete shift in the flow of your life; you will have completely reversed your direction. This is

achieving the first step: wanting freedom more than wanting the world. Then, as Lester Levenson (The Sedona Method) said, you will continuously fall into the latter five steps.

October 23, 2020

Minnie: Will my children and family hinder my path to freedom?

Wind: No, Lester Levenson (The Sedona Method) said that the only thing that doesn't help you be free is that you don't want it. That's the only obstacle.

2020.11.26

Wind: A person who has attained Nirbhabhapa Samadhi is like a cosmic Google with infinite knowledge, a cosmic search engine.

Tiancheng: Have you achieved omniscience?

Wind: Unlike the Master who is omniscient, it can freely access omniscience and decide to extract knowledge from Samadhi at any time.

2020.12.23

Z: Will turning from the world to the inner self naturally lead to becoming a super Google?

Wind: Yes. You know that the only source of happiness is infinite existence, and other directions cease to matter. All your decisions will then align with it, instantly leading you to Nabikapa Samadhi (infinite existence where seeds no longer function). In infinite existence, you can know everything. This is the meaning of the cosmic Google metaphor. When you release yourself to the point where "the only source of happiness is infinite existence" becomes your complete experience, you will naturally stop seeking happiness anywhere in the world. At that moment, your flow changes, automatically entering Nabikapa Samadhi. Once you enter, you will never come out again, never retreat, because the seeds of retreat have lost their power.

Z: I feel like I want to do less and less. Even things that seemed very serious before, I no longer want to do. I'm moving in the direction you mentioned.

Wind: To achieve happiness from within, you must follow the six steps. Alternatively, you can change direction by releasing your goals. This will also put you on the path of the six steps.

2020.11.27

In the present moment: How can the first step be achieved? Is it a desire, or a result of release?

Wind: This is the result of consistently implementing the six steps, which can be guided by a principle in "The Way," such as obtaining everything you desire through release. When you do this, you will gradually discover that what you are seeking in everything is happiness. And the only source of happiness is a quiet mind, allowing the infinite to manifest more, thus you will increasingly move towards freedom. At this point, you will naturally abandon attempts in other directions, concentrating all your life force in one direction, retaining only one goal: freedom. This fully achieves the first step, and you will naturally fall into the latter five steps.

"Six Steps to Talking About the Wind" Serial 8 | How to Achieve the First Step: "Wanting Freedom More Than Wanting the World"? (Part 4)
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❀ Hi ~ Welcome to the island ❀ — When you turn inward, you will find that all happiness is there —

► How to achieve the first step of "wanting freedom more than wanting the world"? (Part 4)

December 2, 2020

Huixuan: Teacher Feng, is it necessary to reach the first step of the six steps first? But I don't know how to achieve that. Can the order of the six steps be reversed?

Wind: The six steps are achieved through continuous release. You must continuously derive pleasure from the sixth step to reach the first step. Initially, all six steps are helpful:

When you don't want to release, remind yourself of the first step.

Then the decision to release it is the second step.

The third step is to directly express the desire for control and recognition.

Continue to release, and keep it going—this is the fourth step.

When stuck, release the desired control over the stuck area; this is the fifth step.

Each release feels more pleasurable and relaxing; this is step six.

By consistently following these six steps, you will gradually increase your motivation for freedom, thereby achieving the first step in a comprehensive manner.

Huixuan: I think as long as you release, these six steps will happen naturally, just like breathing. You don't need to remind yourself. Is my understanding correct? Is the first step a wish? Is the second step a preparation for action because of the wish in the first step? Are the third, fourth and fifth steps the action process? And the sixth step is the result of the action? Is my understanding correct?

Wind: A reminder is needed. The six steps are easily forgotten. If you're not following the six steps, you're not continuously releasing. Only when you're truly continuously releasing will you conform to the six steps.

Huixuan: Releasing continuously doesn't necessarily mean continuous release. If you get stuck using the fifth step, you're still continuously releasing, right?

Wind: If you get stuck, use step five, which is also a continuous release. If you get stuck and stay stuck, then it's not a continuous release.

Huixuan: When I don't want to release the first step, I don't feel anything. Instead, it reminds me that I want to change myself and want everything to get better, which motivates me more.

Wind: That works too. Release makes you more free, and freedom encompasses everything. **All you need is the motivation to release. The desire for recognition develops into the desire for control. Once you feel the desire for recognition, you must release it. Once you release the desire for control, the desire for recognition becomes apparent. Once you release enough of both the desire for recognition and the desire for control, the desire for security becomes apparent. If you don't release the desire for security, the desire for recognition and control will develop again, endlessly. Therefore, only by continuously releasing the desire for control and recognition, and then continuously releasing the desire for security, can you reach the end. Follow these six steps, and everyone can be free.**

Huixuan: If you keep releasing, you will stay within the six steps and become free.

Wind: Yes.

Huixuan: As long as it's within the six steps, it's continuous release, can it be understood in this way?

Wind: Yes. Use the six-step test; as long as you're within the six steps, you can be free.

"Six Steps to Release the Wind" - Diamond Island, 2022-02-21 16:15

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

► How to achieve freedom more quickly?

(a) Maximize the use of release

2020.11.20

Q: I would like to ask you for advice on how to achieve freedom more quickly?

Wind: Use it consistently, use it to its fullest potential. I can't offer better advice. I strongly suggest you use it in everything you do. Utilize those goals, use the continuous achievement to promote your release, to enhance the motivation for release. If you get into the habit of using it in every goal you set, you'll quickly get there.

(ii) Emphasize objectives

2021.1.2

Wind: **Focus on goals. Theoretically, you can aim directly for freedom. However, I know that most people who say they want freedom are suppressing their desire for the world. Why does Lester Levenson (The Sedona Method) prefer the fourth guidance (gaining everything simply through liberation)? Because it is the most meaningful and practical for people.**

S: You're aiming directly for freedom, aren't you?

Feng (Wind) : **Yes, but I also used that teaching, and I wrote down everything I wanted.**

S: I also use them in combination.

Wind: The previous guidelines often lose their practicality and become mere theory.

R: I can't do that right now (laughs). I'll get everything I want first.

S: It's still necessary to become a successful person.

R: I'm also using the previous guidelines, which are about finding all happiness from within and facing the fear of death.

(Feng Falai Lester Levenson (The Sedona Method) 's four guidelines in The Way part 2)

Lester Levenson (The Sedona Method) : So, what do you need to do? I summarized it during the previous four days of classes.

The first lesson is that you must desire freedom more than you desire the world. Consequently, you should obtain all happiness from within yourself, simply by releasing it. This is lesson one.

Lesson Two is: You must make a free decision, and then you do it. In fact, if you decide to be free, you will do it. It's that simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to confront and release the fear of death directly. Release the fear of death directly. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is, starting now, to obtain everything you want through liberation. I guess this is the most practical of the four.

How successful and peaceful are you now? Do you still mostly do things from your ego's perspective? Remember, when we do things through liberation, it's effortless. If you're putting in effort, it's driven by the ego.

Wind: Practicality, this is very important. Why did Lester Levenson (The Sedona Method) say the fourth one is the most practical? Because you often can't use the previous ones.

R: I used the first one for a while, and it didn't motivate me as much as the fourth one, but the first one already helped me grow rapidly. (laughs)

(iii) Use what you want to motivate yourself to release.

2020.12.30

Wind: You need to set a goal that you truly want, and you need to have motivation for Freedom.

Q: Is 1 million (money) what I really want?

Wind: Do you feel that kind of excitement?

Q: But if you gain freedom, you gain everything, so why don't I just go straight to freedom?

Wind: That's fine too, you can aim for freedom directly.

Q: Do you have any suggestions?

Wind: You can write down everything you want.

(iv) The key is whether you "can" do it.

2020.12.13

Wind: Let's say your goal is 1 million money. Now you say you don't want money anymore. Great, then manifest 1 million and throw it into the river. (laughs) The point is whether you can achieve it, not the goal itself. Goal release is about releasing the opposing process, allowing yourself to be the master of your mind and material possessions, reaching a point where you can easily and perfectly achieve a goal. By the way, if you really don't want that 1 million, just throw it away after you get it.

(v) Is your "not wanting" just "not daring to think about it"?

2021.1.2

Wind: Dare to dream.

Q: Is it possible to become a billionaire through release?

Feng: Of course. A friend in a group chat recently felt he didn't want any goals, until I told him one: go to the world's top Eastman School of Music and find a white blonde girl to experience his favorite kind of romantic life, and he immediately got excited. So, dare to dream. Many people feel they don't want the world simply because they're afraid to dream, they're suppressing their desires. They think it's impossible, so they don't want the world. This isn't true freedom.

Q: I found myself suppressing my feelings, thinking it was impossible, and I didn't dare to think about it.

Wind: Dare think big, as Lester Levenson (The Sedona Method) said, to dare to think big.

Q: But we haven't even achieved a small goal yet. Can we start thinking about big goals right now?

Wind: You won't have motivation if it's not a goal you truly want. One function of a goal is to give you the release of motivation. After that group member found this exciting goal, the release accelerated.

(vi) Let your goals provide you with continuous motivation.

January 8, 2021

Wind: You can set any goal you want, as long as it provides you with a continuous source of motivation to release.

Q: I don't need to practice small goals first to accumulate momentum, right? As long as the goal can help me release it continuously, it is meaningful to me. Is this understanding correct?

Wind: Hmm, if this is what you want most, then use this one.

Q: I understand, thank you.

(vii) Once fully released, every impossibility will become possible.

2020.12.22

Q: Teacher, is it possible to heal a family member's illness through release? Or to do other things, such as those related to money, career, relationships, or anything else?

Feng: Regarding questions like "Can you do xxx?", I hope you remember a quote from Lester Levenson (The Sedona Method) : "Every impossible, no matter how impossible, becomes immediately possible, as you completely release yourself on it."

"Six Steps to Talking About the World" Serial 10 | The desire for freedom is not based on hatred of the world
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-24 11:46

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

Release the Diamond Island

Lester Levenson (The Sedona Method) : "You are infinite right now. You have always been and you always will be. You have no choice in this. Your only choice is to accept that you are infinite or to accept that you are a limited self."

Wind: "To go and release is to choose to acknowledge your infinite existence."

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► The desire for freedom is not based on hatred of the world. In the process of liberation, you will naturally discover that the world is full of suffering, and all happiness comes from infinite existence. What causes your suffering is merely hatred of the world; that is not the desire for freedom. That is called hatred of the world. Hatred and attachment are two sides of the same coin. Hatred and attachment appear together. When you hate the world, you don't want freedom. You feel that the world is not good enough, and you want a better world. —Wind

01

2020.11.14

Wind: Lester Levenson (The Sedona Method) said that disgust is often suppressed more deeply. Disgust for the world and covetousness for the world are both forms of wanting the world.

Therefore, regarding goal release, you must actually do it. If you can't achieve your goals, there must be a "I can't" process being suppressed deep inside. So when Lester Levenson (The Sedona Method) emphasizes "gaining everything through release," you need to truly do it, rather than replacing it with a restrictive concept.

For every attachment, there is an aversion. Attachment and aversion always come in pairs.

What you want is covetousness, and what you don't want is aversion. But they are both forms of "wanting," just in two different directions.

Lester Levenson (The Sedona Method) : You must become a winner, you must achieve your goals, to pull out and eliminate the "anti-victory, anti-goal" processes. Your aversion to the world is stronger and more subtle than your craving for it. Therefore, when you become a winner, when you pursue your goals, you must overcome your aversion. To clear away the garbage, you need to become a winner.

Student: So, people have a stronger aversion to the world?

Lester Levenson (The Sedona Method) Levenson: **Your aversion to the world (person, place, thing, event) is stronger and more subtle than your craving. Your craving is obvious: I want this, I want that, I want money, I want to look beautiful. These are obvious. But the fact is, you choose not to look at the things you don't want, and this then develops mechanisms of resistance, repression, and opposition. Therefore, goals are very important on your path to becoming a winner. —Excerpt from Lester Levenson (The Sedona Method) *You Must Win Your Goals***

Lester Levenson (The Sedona Method) : Aversion to the world is hard to see, but your attachments are obvious; you're always chasing them. **But you push away what you abhor,**

so when you pursue a goal, aversion arises (and the opposition comes to power), like "I'm afraid I can't, I'm afraid I can't," and all sorts of things like that.

So this (the goal) is a hook that brings out "disgust (aversion) for the world," bringing "disgust for the world" into your sight so you can let it go. If you're not aware of it, you can't see it or deal with it. Therefore, achieving something in this world (through release) is a way to get rid of negativity.

The only reason the world hasn't provided you with abundance, wealth, and all that is plentiful is because you have the opposite thoughts, and they are repressed. Striving for things in the world causes the opposite feelings to surface, and then you can release them. Because if you can't succeed, it's because you're clinging to those programs that disappoint you (and suppress you), and you're not seeing them.

What you dislike, don't want to see, don't want to become, and want to avoid—that's what you abhor. The opposite is craving—those things you want to hold onto (what you want to cling to). These are two key words: craving and aversion. They bind us. If you are all (ALL), how can you have craving or aversion? There is nothing but You (One Infinite Beingness). You will eventually feel that the universe is mine, from infinity to infinity, the universe is mine. That's it, haha.

—Excerpt from "Continuing to Release Upon Reaching Higher Places"

02

2020.12.31

Q: (Regarding the release of the target) Is there a time interval in between, for example, it takes a month to reach the target?

Wind: It doesn't take a month; a month is the time Lester Levenson (The Sedona Method) gave for the entire journey. No worldly goal requires more than two weeks to be achieved. As long as you keep releasing, keep releasing until the goal is achieved.

If you decide to achieve something, it will come, even something you don't want. This means that anything impossible becomes possible once released. Even if you're not hungry, you can decide to eat because you know you can. The same applies to goals. Goals aren't about achieving the goal itself, but about pulling out your resistance. **Lester Levenson (The Sedona Method) values goals because you need to prove to yourself that you can do it. The most important purpose of goals is to evoke your aversion, because these are subtle.**

TGZ2: It feels more subtle the higher you go, because as you go up, your mind and thoughts become less active. I can understand "greed" in conjunction with "wanting," but I don't quite understand the feeling of aversion.

Wind: Craving and aversion. They come in pairs. There is craving for what you want and aversion for what you don't want.

Ultimate freedom: Sometimes I feel that the world is particularly boring and meaningless.

Wind: **You hate the world, don't you?**

Vian: The wind is saying that our disgust for the world also hinders our freedom, right?

Wind: **Disgust (aversion) and longing (craving) go hand in hand. When you hate the world, you don't want freedom. You feel the world isn't good enough, and you want a better world.**

If you can't do it in a month, or even two months, then you're not on the six-step path. This matter is either simple or impossible. On the six-step path, you will achieve freedom within one or two months. Not on the six-step path, you will not achieve freedom. Taking it one step at a time over many years is just procrastination; it won't be accomplished through procrastination.

Wenlan: Feng, if I have 1 or 2 months of freedom, how long should I be able to release each day?

Wind: 24 hours.

Related reading:

1. Just follow the process and focus on releasing your energy in this moment.
2. Continuous release is important, and it's also simple.
3. Regarding resistance/unwillingness/avoidance of release
4. When you continuously release, you will automatically isolate yourself; **when you are determined to turn inward, nothing and no one can disturb you.**
5. You can't force yourself to release; you'll only release when you see the benefits it brings. So, constantly reaffirm the gains you'll make from releasing and the direction you're heading.

"The Six Steps of Wind's Talk" Serialized Episode 11 | Wind recounts how he achieved the first step: "Wanting freedom more than wanting the world."
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-02-25 12:20

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

► Wind (Feng) recounts how he took the first step.

2020.11.20

Wind: You can release anything; make it your experience. During my retreat, I also achieved many goals. However, I didn't use a goal table; I just listed what I wanted to achieve, then kept releasing them, and after realizing that I had achieved most of them, I crossed them off.

R: Did you take the first step when you went into seclusion?

Feng: Later, the six steps were confirmed. When the six steps were confirmed, I knew that something had completely changed. Later, I suddenly realized that it was the stream-entry in the Agamas. After that, I read the Venerable's explanation and knew that it was also the Nirbhabhava Samadhi in Yoga.

Confirmation is the first step. Only after achieving this first step can you dispel doubt, and only dispelling doubt can be called "confirmation." The entire path will be presented before you, and you will directly know how to reach the destination—a direct knowledge that requires no thought. Then you will discover that none of your actions can go against freedom; this feeling of changing direction is very clear.

L: How long will it take to find out?

Wind: You mean you know all six steps directly?

L: Hmm, how long did it last?

Wind: I released it in less than a week.

L: Will you remain in seclusion for a week?

Wind: Yes, continuous release. My continuous release isn't about sitting there forcing myself to release; I wrote down many goals on it, and my mental activity was a form of validation.

Here's what happened:

I did a release, and it felt good, so I said, "Let's release again, will it feel even better?" I told myself, "Let's verify step six." Then I got stuck, so I said, "Let's verify step five, let's release some of the control I'm trying to maintain and see if it gets better."

And wow, it went smoothly! I was so happy, so I released again.

So the whole process was actually quite interesting; **it wasn't the kind of arduous meditation many people imagine.** After releasing for a few days, I was already feeling very happy. At that point, insight naturally emerged, and I directly knew what the sole source of happiness was. And when you cover it with feelings, that's suffering, and suffering is what limits your infinite existence. As soon as this realization happened, I immediately felt something change. The release became very proactive, without any of those paper goals to entice me. It was just

continuous release, continuous release, and then I reached the point I mentioned, where my entire mind suddenly detached, and I felt all the power I was using in my mind go inward. In that instant, I felt my whole body and mind turn inward. And then I suddenly knew all the steps that followed.

At the time, I thought those experiences were individualized, so I didn't elaborate on many of them. For example, when my body was relieved of stress, I would suddenly relax completely and straighten up. Now I know that this is inevitable because it is a prerequisite for entering Samadhi, and one of the first few steps to reach Nirbhabhava Samadhi.

This is truly the best thing that has ever happened to me, a turning point in the flow of my life.

The method is simple. Six steps, practice it for a month. In one to two months, you will be completely free. If you can't do it in one or two months, then it's impossible. Simple, or impossible.

The Original 1992 Sedona Release method is so simple that it doesn't need an idol (external teacher or Master), so quick that it doesn't need a benchmark, because you don't need to look at others; every release deepens your own experience. This method doesn't require any of your beliefs or faith.

—Wind, December 29, 2020

"Six Steps to Wind" Serial 12 | Wind: I saw what Lester Levenson (The Sedona Method) said, "All happiness comes from within," and I decided to go towards freedom.
"Six Steps to Release the Wind" - Diamond Island, 2022-02-26 22:02

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

► Wind: I saw what Lester Levenson (The Sedona Method) meant when he said, "All happiness comes from within," and I decided to go towards freedom.

October 18, 2020

Wind: I've decided to pursue freedom, and I'm going to do it. This decision became crystal clear yesterday when I was released. My current state is something my past self could never have imagined, but I know it's not the end yet.

I spend over 70-80% of my time operating at the level of "knowing," simply "knowing," without needing to mobilize any "knowledge" or "beliefs." My mental activity has decreased significantly compared to before.

I saw in Lester Levenson (The Sedona Method) 's statement that "all happiness comes from within." When we try to find happiness in the world, we create a sense of scarcity, which drives many feelings and thoughts. What we call finding happiness in the world is merely a temporary quiet of the mind by telling ourselves, "I have achieved my goal." Quiet mind = happiness.

Because the only source of happiness is existence itself, and the mind is the only obscuring of infinite existence. Go do it, I know; freedom can be achieved in a few months or weeks. This time it's not "I believe," but "I know," a clear view of the whole picture.

By following these six steps, you can achieve this.

(The wind then quotes Lester Levenson (The Sedona Method) 's opening words in The Way, Part 6) Lester Levenson (The Sedona Method) : Our basic philosophy is very simple, that is, each of us is limitless except for those things we hold onto psychologically (in our mind - thoughts and feeling) .

Once you release your psychological constraints and limitations, you discover that we have always been limitless. We have always been omnipotent, omniscient, and perfect because our fundamental nature is perfect. We cannot change this except by constantly turning our heads away, saying, "It's there, it's there," and "Who am I, who am I," like a group of drunken men trying to discover who they are and what they are.

However, a part of us—which we call the mind—blinds us, preventing us from seeing that our unlimited existence is inherent and natural.

The mind, 24 hours a day, unconsciously searches for absolute safety in the external world, but absolute safety does not exist, nor is it there. So everyone unconsciously occupies 24 hours each day in the wrong direction, searching for where we are, who I am, what we are, and where our safety lies—a completely hopeless and frustrating direction.

If your fundamental nature is perfect, complete, and eternal, why do you spend so much time every day struggling for survival? A nicer way to put it is ignorance, but my honest opinion is that any intelligent person would say, "My God, if I were like that, I would become like that right now!"

Becoming who you are takes no time. Becoming who you are requires zero effort. But becoming who you are not, becoming limited, requires endless effort, strenuous struggle, unhappiness, and setbacks.

Now, all of you have heard what I've said: how many wise people in this room have stopped struggling in the wrong places? Simply allow your infinite existence to exist. In that case, you will have an effortless and infinitely happy life in every moment. How many of us have done this?

You'd rather suffer, you'd rather do the most foolish things in my eyes. If you could have anything with just a thought, what would be the point of all this struggle?

I call you foolish because it might help you. Is there anyone here who doesn't want to be smarter? So, be smart! If you need this world, operate it effortlessly with your thoughts, let it fall on your knees, and let go of all your pain.

If you do it, it's very simple, easy, and quick.

If you don't do it, it's complicated, unattainable, frustrating, and painful.

But the choice is yours. You can be yourself right now, completely, whole, and perfect, or you can choose to look elsewhere 24 hours a day.

What are your plans for the next month or two?

Is it wise to choose to be smart, or foolish to choose to be stupid?

I'll give you the answer, and I hope I'm wrong: I think you'll choose stupidity. But I don't understand why you'll choose stupidity. Because the first thing I realized in my search for the answer was how stupid I was, so I said more than once, "Lester Levenson (The Sedona Method) Levenson, you're so stupid! Stupid! Stupid! Stupid!" three times, and I meant it.

So, you hear me talking about stupidity, and I don't want to be stupid. That's the key to my change of direction. Of course, the next thing to do is look in the right direction—I knew it wasn't outside. I spent over forty years trying to get it from the outside, only to hit rock bottom. So in the end, there was only one direction left: inward.

What am I? What is the world? What is my relationship with this world? What exactly is health? After I asked these questions, the answers came to me.

After everything is over, I can see the steps I've taken. I've packaged it into this method, which is a very efficient technique. But you're only using it temporarily and sparingly (partially and minimally), not fully and maximally. If you use it to its fullest potential, it will only take you a few months, and then you'll no longer feel the pressure.

The only thing standing between you and your ultimate existence is your suppressed or repressed feelings. So, rightly so, make a decision, stop being foolish, and become wise. Release all repressed feelings within one to two months.

I don't think I could give you any better revelation than this. I could say you could do it in a century or two, but why not now? You are infinite right now, so why not just let them go? Release all the obscurations; they are all in your feelings. Okay, any questions about what I said? I've said all I needed to say.

Wind: You can read this repeatedly to encourage yourself.

Huizhilanxin: Should we wait until we've released our desires for recognition and control before acting, and wait for the desire to survive to naturally emerge?

Wind: **Release what you can perceive. If you can't perceive it, your "desire to perceive" is a desire to control. Release it, and you will be able to perceive it.**

The desire for acceptance is the reason for the desire for control; the desire for survival is the reason for the desire for acceptance. Later in the process of release, the desire for survival (the fear of death) becomes quite prominent, and this is my primary target for release now. The desire for control and acceptance that precedes it has been cleared away to a very small extent.

Saying it's "released later" might sound like something very far off, but it's actually just a release lasting one or two weeks. Don't extend it to a "year" unit, because it doesn't need to. There's nothing more to share. The group admin has started spreading the original release method; everyone should follow along and learn. I'm going into seclusion for release. This time, I have only one goal: freedom.

Yan: Why was it that when I tried to release my desire to control and change things yesterday, I couldn't? It felt so difficult to do this release on my own?

Feng: Finally, regarding this question, let me answer it. It's actually very simple. You need to remember these six steps, keep them close at hand, and refer to them whenever you feel like it. You habitually use control to do things, including when you release; this habit is still at work. And this is because you've overlooked the sixth step—every time you release, you become more and more relaxed, joyful, and free.

Doing things with effort, force , or violence – is wrong (not the correct approach).

Yan: Yes, I release intentionally. I release very forcefully each time.

Wind: Your understanding is flawed. The "purpose" isn't the problem; the problem lies in not conforming to the six steps. Let me explain further. When the process says "allow yourself to be aware," it doesn't mean you forcefully dig, but rather what you become aware of in this moment without doing anything—without needing to call for effort or use control.

Why doesn't the course teach you "how to be aware"?

Because "how" involves a mental effort.

For example, if you ask yourself whether you want control or approval right now, you'll immediately realize it. If you can't, then you want to control, you want things to go your way, which means you want to be in control. It's very simple.

So, let me repeat: remember these six steps, keep them close at hand, and refer to them whenever you have a chance. Any questions you may have can be answered within these six steps. Let me explain step by step:

The first step is "You must want freedom more than you want control and approval." Wanting control and approval is a limiting feeling, but sometimes we're foolish enough to prefer restriction to freedom. Sometimes you get stuck precisely because you're unwilling to release those feelings; just want it. When you realize that wanting control and approval limits you, you'll want freedom even more. So the six steps don't really need explanation; they're just the simple literal meaning.

The second step is to make a free decision. A decision is a decision. Because you want freedom, you decide to do it.

The third step is that all your feelings are driven by a desire for control and acceptance. You are constantly experiencing these feelings, and the entire world you perceive is designed for control and acceptance. You are on guard 24/7, trying to prevent the fear of death from surfaceing. This defense mechanism is based on the desire for control and acceptance.

The fourth step is continuous release. "Continuous" simply means continuous. You do it the first time, then you can do it a second, a third, a fourth… until you finally achieve freedom. Lester Levenson (The Sedona Method) said, "There is no stop in the six steps." There isn't a "stop" in the six steps. "Continuous" simply means continuous.

The fifth step is the one you'll likely use the most at first, because you'll often get stuck. But getting stuck is simply because you want to control it. The only reason you get stuck is because you want to control what's happening. It's that simple. Release this desire to control what's happening, and the feeling of being stuck will immediately turn into smoothness.

The sixth step, and the one we most easily overlook, involves releasing yourself. Each release makes you feel more free, which can be described as easy and enjoyable, but ultimately it's about freedom. The motivation from these experiences strengthens your desire for freedom from the first step. As Lester Levenson (The Sedona Method) said, "If you thoroughly complete the first step, you will naturally follow the next five steps."

If you thoroughly complete the first step, you will have no obstacles left. Okay, these six steps are just six steps; keep them with you, and they will greatly accelerate your release.

Group member: Getting what you want by releasing it, isn't that control?

Wind: **Control is a neutral thing, but wanting to control is not. Wanting equals lack , equals resistance. Wanting to control is a feeling of lack regarding control.**

Early Summer: Does each release require repeating all six steps, including the first and second steps, or is the release process sufficient?

Wind: Just use the release process. If you're not releasing, use the six steps to remind yourself.

D: Wind, I spent a whole day releasing myself towards a performance goal I set for myself. I released all my feelings about its "impossibility," "desire," and "fear," and I felt nothing anymore. Why hasn't it been achieved yet? (I have) spent a whole day releasing myself towards this goal.

Wind: It's obvious you haven't finished releasing. Don't fool yourself. When something is fully released, you'll directly "know" it has been achieved. No confirmation is needed, no belief is required, you just know it has been achieved. Keep going, keep releasing without stopping.

I'm going to continue releasing it, keep it up!

"Six Steps to Freedom" Serial 13 | If you truly decide to be free, you will do it immediately; if you truly decide to be free, you will not stop until you reach freedom.
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-03-09 16:11

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

01

► Decided to achieve freedom through release

October 24, 2020

Hai: How do I use the second step?

Wind: The second step is simply to make a decision, to decide on freedom, to decide to use this release process to achieve freedom. **Sometimes you hesitate, you might think, "Should I release it?" or you might want to use other methods, such as meditation, awareness or Self-inquiry. As long as you don't decide to use the Release process to achieve freedom, you will keep hesitating like this, and then you won't be able to continue.**

Wanting freedom and deciding to be free are both things you can do directly. If you want more, just make the decision.

When something tries to control or identify with you, and you determine that releasing it is better than letting it remain inside, it will surface. For example, if you want to play a game, and there's something in the game trying to control you, and you realize that releasing this desire to control is more important than trying to control it, you've achieved the first step, and it will surface and be released for you.

Wanting control and recognition equals wanting the world, which means moving in the direction of restriction, and there is no freedom in the direction of restriction.

02

► If you truly decide to be free, you will act immediately; if you truly decide to be free, you will not stop until you reach freedom.

October 23, 2020

The Wind (Feng 风) : The first step is wanting freedom, the second step is deciding to be free. If you only decide to feel good or achieve a material goal, then you'll stop once you get it. If you decide to be free, you won't stop until you reach freedom. Because what you want, what you decide, will take you there. In my second week of release, I saw the six steps. I directly "knew" what the six steps were like and was certain it could lead people to the end.

Wind: **The decision to be free isn't a prayer, it's not a suggestion; a decision is a decision. It's like deciding to walk from your seat to the door. Once you've decided, you'll do it immediately.** (Chat history)

"Six Steps to Talking About Freedom" Serial 14 | Whether or not to decide on freedom is entirely a matter of free will; no person or thing can make that decision for you.
Original article "Six Steps to Wind Talk" Release Method Diamond Island 2022-03-09 16:11

Included in the topic #SixStepsOfTalkingAboutFeng (13 installments)

March 15, 2021

Tiancheng: Jesus and Buddha are omnipotent. They also want to help us achieve freedom. So why don't you just help us do it directly?

Wind: I've answered this question many times. They could certainly do it, but they didn't choose to.

Tiancheng: Why?

Wind: They don't offer forced help. When you choose freedom, you are naturally free.

Tiancheng: So, you're saying we don't have freedom, just for a very simple reason—we don't want freedom at all???

Wind: Yes.

Tiancheng: That's why the master wouldn't force us.

Wind: **Lester Levenson (The Sedona Method) has said it many times: nothing can stop you if you want freedom. Once you take the first step, you'll automatically fall into the next five. To achieve freedom, you can simply "will it," and then you're free. Not wanting freedom is the only reason you can't be free.**

Tiancheng: If I really want freedom, but I don't have a release method or other means, can I still achieve freedom?

Wind: If you truly desire freedom, you are already free.

Tiancheng: In other words, instantly transforming from an ordinary person into a saint? Is that even possible? Has anyone in history ever accomplished such a feat?

(Note: Feng answered Tiancheng's question above by quoting a line from Lester Levenson (The Sedona Method) in The Way 3.)

Student: I have a question because this is something I did last night... I've reached a critical point that's confusing me. (Does this mean) even my own will is no longer needed?

Lester Levenson (The Sedona Method) : Yes, if you can avoid being the "doer" (sense of doership , being a separate individual)

Student: But by then...

Stern: The key here is whether you can stop being the "doer." If you can't stop being the "doer," then intention is useful. Intention is effort, effort to cancel effort. But there's a power in there, the power of intention, which you can use to diminish intention. Now, it's good that you have intention. Because if you really make up your mind, you can release everything all at once; I haven't seen the first person do that. Okay, so, what's your question now?

Student: You just answered, thank you.

Tiancheng: When a person really wants freedom, can a master use his omnipotence to help him obtain freedom? Is that possible?

Wind: Sure, that's simple. If you truly want freedom, you don't need anyone to help you; you'll directly achieve the first step and enter Nirbhabhava Samadhi. Those who wanted freedom are already free; the rest are those who didn't want it. It's actually very simple; judging whether someone wants freedom is very easy.

Tiancheng: So, there's no need to force or manipulate others to learn?

Wind: Hmm, there's absolutely no need for that.

Tiancheng: Because when they truly desire freedom, they can achieve it at any time? And the Master will help them, no matter what world they are in?

Wind: **Yes. It's quite amusing how the mind always thinks it's doing something important, thinking it's saving the world. But in reality, everyone is an Infinite Being. No one needs to be saved, and no one can be destroyed.**

Tiancheng: "It's very simple to judge whether a person wants freedom or not." Teacher, what kind of judgment are you referring to?

Wind: Suppose someone says they want freedom, but they don't have freedom, you know it's a lie. That's what I mean by judgment.

Tiancheng: Oh, you're talking about me, so you're telling me that chanting slogans is useless.

Wind: Those who desire freedom are already free. (Note: Wind forwarded a quote from Lester Levenson (The Sedona Method) in Chapter 17, "Complete Responsibility," of *The Road to Ultimate Freedom*.)

Question: Breaking free from subconscious inertia isn't easy because they always sneak up on you; sometimes you're unaware you're being controlled by them.

Lester Levenson (The Sedona Method) : That depends on the strength of your will. We have infinite power, infinite will. When your desire is extremely strong, you can be liberated instantly.

Question: That sounds easy. Answer: That's the easiest way. Just desire Freedom (IT)! It's possible for each of us because we are infinite, and therefore possess infinite willpower. The reason we can't do it is because our will isn't strong enough; we crave more of a finite body.

Tiancheng: Teacher, the ultimate method "What am I?" is almost unusable for anyone on this planet. Is it because almost no one truly wants freedom? Or is there another reason?

Wind: That's the reason. The will isn't strong enough, so a gradual, scientific approach is needed. You can gradually (through release) confirm your gains, confirm the source of your happiness, and thus change your direction. But asking "What am I?"—if you become interested in other things before getting the answer, you have to start all over again; all the previous work is wasted. Some people just stare at that phrase and turn it into a meditation practice.

The release method encourages you to obtain everything you want and provides a simple, concrete method that allows you to reach the destination the fastest. Other methods, because they conflict to some extent with worldly directions and provide behavioral guidance, will take you several lifetimes to learn. If you want to achieve freedom in this life, use the release method. If you don't mind achieving freedom in future lives, you can use other correct methods. Those also help, just slowly.

Lester Levenson (The Sedona Method) : Before you enter this body, you are already prepared to carry out what you have presupposed for it. There is no free will in worldly life. However, you have free will regarding whether you identify with your true self or with the body. If you identify with the body, you will get into trouble.

Therefore, free will is a choice of identification. Knowing this will make life easier because you no longer struggle; your goal is simply to identify with the correct path.

Wind: **You have free will in only one thing: the choice to identify with your body or with your infinite existence. Everything else, nothing at all, is not a matter of free will.** Every thought you have is driven by past programs, including what you want and what you dislike, depending on the inclinations of your programs. Only one thing is truly free will—the ability to identify with your infinite existence at any given time. Release is the path.

Untitled
2021-12-02 The Shortcut to Freedom (Read 14, Share 2)

Wind: In your process of release, the mind (repressed feelings) is the obstacle.

2022-02-18 A Shortcut to Freedom (8 reads, 1 repost)

"Whose program/feeling is this?" Lester Levenson (The Sedona Method) asked me when I told him I was stuck on a program.

"Mine," I answered cautiously.

"**Then only you can remove it. You put it in yourself, so only you can take it out."**

— From the book: “Me and Lester Levenson (The Sedona Method) ” (from: Stephen Seretan’s book ‘Lester Levenson (The Sedona Method) and Me’)

Wind -- Part 3

Contents (Begin):

Lester Levenson (The Sedona Method) Six Steps – Wind’s Talk

Six Steps of Wind’s Talk
Foreword

The Original 1992 Sedona release method is the simple and efficient way to achieve freedom today.

Explanation of the 1992 Original Sedona Release Method course video

The Six Steps to Freedom

About the six steps

Feng Tan's Six Steps: Step 1

Feng Tan's Six Steps Step 2

Feng Tan's Six Steps: Step 3

Feng Tan's Six Steps: Step 4

Feng Tan's Six Steps: Step 5

Feng Tan's Six Steps Step 6

Appendix 1: After experiencing the simplicity and efficiency of release, I abandoned all other methods.

Appendix II: Wind: Nothing else is needed besides the six steps. Whatever happens, it's just the six steps.

Appendix Three: Implement the six steps; either you solve it within one or two months, or you'll never be able to do it in your lifetime.

Appendix 4: By taking full responsibility for the entire world you create and remaining conscious of it, you can consciously create what you want.

Appendix 5: Every time you release something, you help everyone.

Appendix Six: Once enlightened, one goes astray.

Appendix 7: Men and women each have their advantages in the process of release; only by balancing these characteristics can the final goal be reached.

Appendix 8: Let us join hands to present the original release process authentically to everyone.

Appendix Nine: After improving yourself, don't forget to help others to further promote your own liberation.

Missing articles
The shortcut to freedom mentioned (1 article missing)
Lester Levenson (The Sedona Method) 's favorite and most practical teaching: Everything is gained simply through releasing.
Wind: By following the six steps, the entire journey can be completed in one to two months, reaching the destination.
A key aspect of emphasizing goals and setting them is...

A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom
By practicing "get everything you want simply by letting go," you can achieve this through six steps.
How can I quickly and empirically achieve the first step?
After achieving freedom through the six steps of the Liberation Act, Kam Bakshi left a letter (click the link to view).

Contents (End)

Foreword
Thanks to Mr. Lester Levenson (The Sedona Method) Levenson, founder of the Sedona Liberation Method
"A photo of Lester Levenson (The Sedona Method) "

(July 19, 1909 – January 18, 1994)

I will never leave you as long as you want help. Now, the "real me" sees you as the "real you." When I am not here, not in this physical body with you, it is the real me helping you. Whenever you ask the real me, you will find the real me there. What happens is that you rise up, and you will find the answer yourself; you must go and get it. —Lester Levenson (The Sedona Method) Levenson

Thank you for your honest, patient, and detailed sharing of the Freedom of the Wind's method (as taught by Lester Levenson (The Sedona Method) in Original 1992 Sedona Method videos). You have given me endless inspiration and motivation and are the best role model on my path to freedom. Thank you for spreading the original Freedom of Wind's method. I sincerely thank you for your selfless sharing and guidance.

Thank you to the teachers who taught and disseminated the Original Liberation Method; thank you to the operator of the "Original Sedona Liberation Method" WeChat official account: I am Infinite; thank you to the operator of the **"Shortcut to Freedom" WeChat official account**:

Tiancheng; thank you to all other self-media platforms that shared the Liberation Method.

Many thanks to the subtitle translation team for the 1992 Original Sedona Method Release teaching videos: Videos 1, 4, 5, 7, and 8: Subtitles & Translation by Tong; Video 3: Subtitles & Translation by Fay; Videos 2 and 6: Translation by Hui-Lucky.

You have made a tremendous contribution to the dissemination of the Original Release method.

Thanks to all the netizens who selflessly translated and created learning materials; thanks to the netizens who practiced and promoted the Sedona Liberation Method.

Thank you to everyone who has guided and accompanied us on our learning journey. Thank you.

Editor's Note

I started exploring spirituality around mid-October 2019, and encountered the Release Method in March 2020. Although I found it simple and quick to release emotions on my first try, I hadn't yet encountered the original Release Method. Learning about release from Larry and Hale's books on a textual level felt convoluted and lacked focus, which led me to give up on release halfway through and instead rely on cleansing methods.

Although the release has been temporarily suspended, I still keep the release method in mind and know that it is the more ultimate method.

Then Wind (Feng) appeared in our chat group. Just like his name "Wind," he himself was like a gentle spring breeze that blew away the confusion and gloom in the liberation circle, bringing clear guidance and bright hope to his companions who were exploring the path of liberation.

Wind (Feng) not only clarified the key points of the release operation and resolved my various doubts about the release, but also showed me the core key to reaching the end point - implementing the six steps.

Whenever netizens ask questions about liberation, Feng (Wind) always answers patiently and in detail. Because of his excellent memory and familiarity with Lester Levenson (The Sedona Method) 's teachings, he always relies on and quotes Lester Levenson (The Sedona Method) 's previous explanations when answering questions. Although he has a broad range of spiritual knowledge, he rarely uses other methods or theories to highlight his own, and he has made a significant contribution to spreading the original and authentic liberation method.

His attitude towards life, his erudition and wisdom, and his unwavering pursuit of freedom have all inspired me and motivated me to put them into practice.

His real-life example of "gaining everything solely through liberation" greatly inspired me during my periods of lethargy. Ultimately, he reached his goal through continuous liberation, making me feel for the first time how close "enlightenment" was to me.

The wind that led me to practice the method of liberation and ultimately achieve freedom is the window that, after Lester Levenson (The Sedona Method) , once again drew my attention to the infinite existence.

It can be said that it was Feng's sharing that pulled me back to the method of release. Without his clarification of the method and his repeated and patient emphasis on the key points, I would have found it difficult to embark on the correct path of release.

I would also like to thank "I am Infinite," the operator of the "Original Sedona Liberation Method" WeChat official account. It is your rigorous and selfless sharing that has enabled more people to access detailed and original information about the liberation method. I am very grateful for your continued efforts.

It is your rigor that has created a more conducive atmosphere for learning the Release Method, thereby attracting Feng to join the group and sharing, finally giving the original Release Method the opportunity to be revealed to netizens who are interested in Release.

In addition, I would like to express my special thanks to Tiancheng, who, following Feng (Wind)'s teachings of spreading the Liberation Method for free, selflessly shared Feng's chat logs with everyone. He is a very good questioner, and without him as an excellent "questioner," we might not have known many of the key points and reminders about Liberation.

On my journey toward liberation, I am very grateful for his help, reminders, and encouragement, and I thank his WeChat public account, "Shortcut to Freedom."

The explanations and sharing of the original release method by Feng during the six months from September 2020 to March 2021 are undoubtedly a treasure trove for learning release.

Initially, I organized the materials with a self-help attitude. Later, I used the Lester Levenson (The Sedona Method) Levenson’s six steps as the main thread, selected some content, and strung together the scattered sharing from various places into a book. This made it convenient for myself and others to have a holistic understanding of release and to constantly remind myself to implement the six steps.

Hopefully, this book, "Six Steps to Freedom by Wind (Feng) and Lester Levenson (The Sedona Method) Levenson," will guide you to learn how to use the six steps, help you better support yourself, and implement the six steps until you reach your goal.

But all informational material must eventually be let go; there's no need to accumulate content in your mind to develop your intellect. The mind is an obstacle; learning requires personal experience.

As Feng (Wind) said, quoting Lester Levenson (The Sedona Method) Levenson: "Release is a person's most natural ability, but too much mental content can hinder this ability. Forgetting to release is not because you haven't learned enough or accumulated enough knowledge, but because you've accumulated too much. When you accumulate a lot, you are developing your mind (intellect), which will obscure/weaken your ability to release (in your heart)."

Therefore, this book also needs to be put down in the end. Just go back to the six steps and keep it simple to let go.

Reading, discussing, sharing, etc., cannot replace the release of authenticity in your own direct experience; only continuous release is true progress.

Lester Levenson (The Sedona Method) once said that the Sedona Liberation Method is the only simple way to achieve ultimate freedom in the world today, and I have personally experienced this in my understanding of other spiritual methods and in the process of practicing Liberation.

In the process of continuous release, I felt the interconnectedness of the six steps. It is indeed a clear map guiding me on the right path of release.

Welcome to your journey of liberation. Pay attention to the six steps, continuously release until you achieve ultimate freedom. I wish you success.

The only way to express our love and gratitude to Lester Levenson (The Sedona Method) and Wind, is to put into practice what they taught us, to go in the direction they always pointed us to, to reach the end, and to gain freedom.

Finally, I'll conclude with Lester Levenson (The Sedona Method) 's words: "The path we've taken begins here and leads to complete freedom. That's the first point I want to emphasize. The second point is that we can achieve it in this lifetime! For many people with the same goal, it usually takes many lifetimes to achieve. But we can do it in this lifetime."

Best wishes to all those on their journey, keep going!

Yiman, Mid-Autumn Festival, September 20, 2021

The release method is the simple and efficient way to achieve freedom today.

Q: Was the Sedona Liberation Method specifically prepared for this era?

Wind: Yes. Yugananda chose to leave after Lester Levenson (The Sedona Method) fully awakened, officially marking the end of the era of the Guru.

Lester Levenson (The Sedona Method) can only help a small minority, and only a very few people in this era will awaken. Those who have this method have a chance.

There will be many fake masters in this era, but only the path of liberation can lead to freedom. Therefore, those who claim to have achieved freedom through other means are all fake masters.

I'm referring to those who awakened after 1970. Apart from those who had already awakened in their previous lives, only the Liberation Method can achieve this after 1970.

A person who has awakened through other means will recommend the liberation method to you, regardless of how they awakened themselves, because the master knows everything.

Q: Even the ultimate method taught by Ramana Maharshi cannot achieve this?

Wind: Theoretically, the ultimate problem is the fastest, but in reality, no one on this planet can use it right now.

Q: What about Kriya Yoga taught by Yogananda?

Wind: Will not be free in this life. Kriya Yoga's requirements are too high; it belongs to Raja Yoga and is a comprehensive path.

The release method is the only simple and easy method in this era.

In the video above, Lester Levenson (The Sedona Method) has told his students many times that the Sedona method is the only one that is currently effective, and that most people who do not know the Sedona method will take a very long time to achieve freedom.

Q: If we don't use it to its fullest potential, then we are truly the most foolish people in the world.

Wind: You have no reason not to use the Release Method, whether it's towards awakening or achieving a better world; it's the most efficient method. Not only efficient, but also simple.

Because you will all experience lows, and when you're going through a low, it's easy to give up. If there's something that looks tempting at that time, you'll be drawn to it.

So what I want to emphasize is one thing I know: in this era, since 1970, in these 120 years, only the Liberation Law has been able to reach its end.

Giving up the release method is equivalent to giving up your freedom in this life, no matter what other spiritual methods you switch to.

Explanation of the 1992 Original Sedona Release Method course video
[2020.10.12]

Wind (Feng) : This (referring to the release method) is the original procedure used in the 1992 Sedona Institute video, the release method institute founded by Lester Levenson (The Sedona Method) Levenson.

Later, Hale Dwoskin and Larry Crane (Lawrence Crane) both established their own organizations. Because they couldn't teach the same thing, they both modified the method. However, the original process was indeed the most effective.

The original release method course was divided into four days: two days on the first weekend to learn how to release emotions, and two days on the second weekend to learn how to release desires. Therefore, there is no need to stay in the emotion release stage for too long; once you are familiar with it, you can try releasing desires.

The release method doesn't require reading books, and the videos offer virtually no theoretical explanations. They simply guide students through the release process. You'll naturally learn by following along, and you'll be amazed by the simplicity and effectiveness of this method.

Learning through case studies is the simplest method. The best way to learn how the process works is through hands-on experience. Observe how others do it, follow along, or have someone guide you; you'll learn quickly. That's why you'll see the Sedona Institute teaches very little theory, and the practical aspects are entirely guided by examples. The entire eight videos are dedicated to showing you how others perform releases.

[September 21, 2020]
The release method was indeed very simple at first:

identify the feeling. Feel the feeling. Could you let go? Would you? When?

The first few videos (referring to the first four videos) demonstrate the use of a workbook, including setting goals. The fifth video focuses on releasing desires. Without setting goals, you push your desires deep into your subconscious. Setting goals brings them to the surface, which differs from many people's understanding.

A superficial "lack of desire" is not true lack of desire; it is the result of suppressed desires. Well, you can find this emotion on the 1992 Sedona Method’s emotion chart PDF, and the basic usage of an emotion chart is actually very simple.

The preceding videos (referring to the first four videos) are actually for beginners. After becoming familiar with the release process, it's still necessary to trace back to the desire for control and the desire for recognition and release. That's what the course also says.

As I understand it, the previous course setup is actually designed to get you more in touch with your emotions, because most people tend to ignore their own emotions and have a strong instinct to suppress them. So, it uses several methods to help you notice your emotions.

For example, in the first lesson, Hale Dwoskin gave an example, saying that if you have certain peculiar habits, such as liking to eat, smoking, or playing games, there are emotions behind these. Before you are driven by these habits, release them first.

The second video talks about suppressed feelings and success, asking you to consciously recall when you suppressed your emotions, allowing your subconscious to surface. Why do they discuss success? Because people suppress a lot of emotions related to the theme of "success."

The next video will likely be about goals, which makes it even harder to avoid emotions. I remember many people saying they have no desires, but when asked, "Isn't there anything you want to achieve? Isn't there anything you want to change?"

He thought about it and realized there seemed to be quite a few. Upon closer inspection, he discovered that they were all driven by emotions, which is why the importance of a goal lies in bringing out those suppressed emotions.

This is what Lester Levenson (The Sedona Method) mentioned in the audio, so the first four videos repeatedly bring you into contact with the emotions in the corners, and the fifth video really delves deeper into the method, looking at the "desire" behind your emotions.

2020.12.20

Freedom requires no steps beyond the six steps – Wind, October 23, 2020

The Six Steps to Freedom
Step 1: You must want freedom more than you want the world.

You must desire freedom more than you desire recognition and control. Desire for recognition and control = the world.

Step 2: Make the decision to be FREE and stick with it.

Step 3: All feelings stem from the desire for approval and the desire for control; these are survival mechanisms. Release them.

Step 4: Continue releasing.

Step 5: When you are stuck, release the desire to change or control the feeling of being stuck.

Step 6: Each time you release, you feel more joyful, relaxed, and free from limitations. With each release, you will feel increasingly joyful, relaxed, and free from limitations.

Lester Levenson (The Sedona Method) : There are no stops in six steps.

Note: Because both Hale Dwoskin and Larry Crane later modified the wording of the six steps, the original version of the six steps cannot be determined. This version of the six steps is a translation of fragmented words spoken by Lester Levenson (The Sedona Method) in the advanced course "The Way" when discussing release, and is provided for reference.

December 2, 2020

"Chat history"

The six steps
Want freedom more than anything else.

Decide you can do the method and be free.

See all your feelings as expressions of three basic wants: the want of approval, control, and survival. Release the want of approval, the want of control, and lastly the fear of death.

Release continuously.

If you are stuck, let go of wanting to change the stuckness.

Release more and more and become happier and lighter, until you move beyond happiness into imperturbability and freedom.

Six steps
1) Wanting freedom above all else.

2) Decide that you can gain freedom through release.

3) All your feelings are manifestations of three basic desires (wanting to be recognized, wanting to control, wanting to survive). Release the desire to be recognized and the desire to control, until finally releasing the fear of death.

4) Continuous release.

5) If you feel stuck, release the "want to change" situation.

6) As you release more and more, you become happier and more relaxed, until you transcend the state of happiness and enter a state of tranquility and freedom.

Note by Yiman: This six-step version is found online and may be close to the original six-step version. It is for reference and understanding only. For actual practice, please refer to the version translated by Feng.

Again, the Six Steps are a key to everything.

To reiterate, these six steps are the key to everything.

"Chat history" "Chat history" "Chat history"

2020.12.31

"Chat history" "Chat history" "Chat history"

2021.1.11 "Chat history" "Chat history" "Chat history" "Chat history"

Excerpt from "The Road to Ultimate Freedom"

December 7, 2020

"Chat history"

2020.12.29

"Chat history" "Chat history" "Chat history" "Chat history" "Chat history"

2021.3.11

"Chat history" "Chat history"

2020.10.24

"Chat history" "Chat history" "Chat history" "Chat history" "Chat history" "Chat history"

2020.12.23

"Chat history" "Chat history" "Chat history"

释放所有感受你的心智安静你就到了 ——风 2020.3.13

Release all your feelings, quiet your mind, and you will arrive at Freedom. — Wind, March 13, 2020

"Chat history" "Chat history" "Chat history" "Chat history"

In Lester Levenson (The Sedona Method) Levenson's audio recording "Keep It Simple," he realized he wanted recognition, control, and security. However, in the first month, he only realized the desire for recognition (approval, love, validation), in the second month, he only realized the desire for control, and it wasn't until the third month that he realized the fear of death.

That's why he said that if he had six steps, he would have reached the finish line much faster, "You have six steps now, so you should be faster than me."

If you do it, it's simple. If you don't do it, it's impossible. Simple, or impossible.

Freedom in just a few weeks, or at most a few months.

—Wind, October 23, 2020

"Chat history"

You only need to follow the six steps for a week to reverse your strong past habits. Once you're free, you can move forward like a racing car. The key is to follow the process and implement the six steps. I don't have anything else to add.

Lester Levenson (The Sedona Method) Levenson's map provided a clear route; all you had to do was follow it.

I remember during the first week of release, every release was accompanied by a huge surge of energy.

Later on, I not only didn't need to sleep, but I also only needed one meal a day. By the second week, I didn't need to eat at all, and I even needed to run a lap around the overpass every day to burn off all the energy that kept pouring out. I only started eating again in the last few days.

—Wind, October 23, 2020

In the second week, the feelings will keep emerging and then leave, like waves.

But when I stop, I glance at the six steps and immediately know which step I went wrong, so the release is done immediately again.

The process hasn't changed; it's just become more straightforward and involves fewer steps.

I felt myself constantly on the six steps, and these six steps formed a huge driving force that kept the release going.

Insights occur frequently, and you may be led astray by them, but as long as you continue to remind yourself of the six steps, you will continue to release them and reach even higher peaks.

—Wind, October 23, 2020

The fear of death is the root of two great desires, all emotions, and thoughts. As long as the fear of death is not completely released, it will continue to develop the desire to identify with and control it.

Because people don't really want freedom, it's hard for them to be free; they stop at an extremely wonderful state.

But whether it's a beautiful dream or a nightmare, you're still in the dream. If you don't transcend the dream, you'll fall.

—Wind, October 23, 2020

Later on, the desire to survive (the fear of death) becomes quite apparent, and that is my primary target for release now. The desire for control and identification that lies above it has been cleared away to a very small extent.

Saying it's "released later" might sound like something very far in the future, but it's actually just a continuous release lasting one or two weeks. Don't extend it to a unit of "years," because it doesn't need to.

This time, there is only one goal: True Absolute Freedom.

—Wind, October 18, 2020

October 22, 2020

"Chat history" "Chat history" "Chat history" "Chat history" "Chat history"

March 16, 2021

"Chat history" "Chat history" "Chat history" "Chat history" "Chat history"

Q: If someone is very sincere about something but fails, will the guru extend a helping hand to them?

Lester Levenson (The Sedona Method) : An enlightened guru can offer the greatest help, but he cannot help you if you do not help yourself.

This is the most important point. If you don't help yourself, he can't help you.

He will join you and help you achieve the awakening you are ready for when you strive to help yourself.

Q: Will he help us?

Lester Levenson (The Sedona Method) : He will help you achieve this when you are ready to awaken. If you open your heart and accept the infusion of universal consciousness, it is because you are ready.

Of all the forms of help, the help from a guru is the greatest, because he has been there before and can guide you onto the same path.

—Chapter 32 Enlightenment—Letting Go of the Unconscious, The Path to Ultimate Freedom

"Chat history" "Chat history" "Chat history" "Chat history" "Chat history" "Chat history"

"Picture of Your Ticket to Imperturbability"

Image from page 90 of the English workbook (1992 Sedona Method’s Workbook PDF - available online).

By following these three steps, you will quickly achieve a state of calm and tranquility.

Simply release these three desires.

Let it continue and release immediately.

Allow the desire for recognition, control, and security to arise in your consciousness, and then immediately let it leave.

Make it a tool that you can do yourself.

You now possess everything you need to complete the journey and reach a state of tranquility. (The ticket to freedom is here.)

Let me make a key point: Don't be afraid of freedom.

Lester Levenson (The Sedona Method) often told his students not to fear freedom. From Lester Levenson (The Sedona Method) 's time to the present, almost everyone who uses liberty but doesn't push it to the extreme is afraid of freedom.

The reason you don't release your feelings is because you're afraid of losing them; you're afraid of dying, when in reality you won't.

Therefore, Lester Levenson (The Sedona Method) repeatedly emphasized: You will not lose anything, you will only lose your pain.

When you do those things, when you seek help from "masters," you should know that what you're doing may seem related to freedom, but it's actually just procrastination.

This includes organizing information about myself and sharing it online. When you avoid looking inward, you'll do things that are disruptive—anything but an inner release.

Your mind will tell you that it's good for freedom or good for the world, but that's just stopping you from letting go (an inner action).

If you stop releasing, whatever you do will be in the opposite direction. I keep emphasizing this: talking about freedom won't set you free; continuous release will.

You need to remind yourself: Are you on the six-step process? — Wind (Feng), March 11, 2020

Once you release your feelings, you won't have thoughts that are forced to drive you. You can freely choose to think what you want, and this will allow your world to present itself as you desire.

The world is merely a presentation, just a display screen. When you want to change the picture, smashing the screen won't help; only letting go will.

There's nothing outside, only your thoughts. You created that image, without exception. The image is merely a thought; it's nothing else.

When you clear your mind of feelings, you have no thoughts, and your mind becomes completely still. You will recognize yourself as an infinite being, and you will never lose this awareness again. You can freely put in feelings and thoughts, but you will no longer be manipulated by them; they will only be used for communication.

In fact, once you reach the astral plane, you will not see any matter, only bright, intense light. When you reach Samadhi and experience infinite consciousness, there are no feelings or thoughts.

Once you are free, you can decide to let your body complete its predetermined course, or you can leave directly; that is your choice, a completely free choice.

--wind (Feng)

On this path you will never lose anything, you will only gain more and more of what you truly want, until you have it all.

Aside from the bandages and pains we impose on ourselves, we discover that we never lose anything on the spiritual path.

You let go of limitations, you let go of pain, but you will never lose anything of true value or beauty.

You know, when you are infinite, you can retain the finite. You won't lose anything.

We worry about having to give up our bodies, about giving up our families, but that won't happen.

Those who are enlightened simply let go of their attachment to their bodies and families, freeing themselves from the constraints that attachment brings, and in their place, they are completely free.

(After you are free) you can do anything, but you will not disappear.

You will never be affected again, because you have attained undisturbed peace.

—Lester Levenson (The Sedona Method) Levenson

Q: I think your enlightenment came relatively easily because you didn't have many preconceived notions.

Lester Levenson (The Sedona Method) Levenson: Yes. I was very lucky because knowing too much about this subject is an obstacle. The ego substitutes intellectual knowledge for real direct immediate experience. So I was really, really lucky that I knew nothing about it before.

Q: People think it's difficult, but you didn't know it was difficult at the time.

Lester Levenson (The Sedona Method) : Yes. But saying that can help you see the barriers you need to overcome with your intellectual knowledge. My experience might inspire you to go down that path.

I said: Don't believe anything. Start from scratch. Build your knowledge on a solid foundation of experiential understanding, step by step. Everyone must go through this process.

Q: You can't take away other people's experience?

Lester Levenson (The Sedona Method) : Yes. You can learn from hearsay, but the only useful thing is what you experience for yourself.

Take driving as an example. If I say I've read books on how to drive, and that I already know how to drive, do I really know how to drive? No, unless I've actually driven a car, I won't know how to drive. The same principle applies to this road; we must experience everything for ourselves.

"Chat history"

About the six steps
Hale Dwoskin describes the six steps in his book as follows:

"The Lester Levenson (The Sedona Method) Levenson's Golden Six Steps is a highly concise summary of the Sedona Liberation Method. Lester Levenson (The Sedona Method) created the concept of the 'Golden Six Steps' in 1974 to summarize the entire process of liberation. At the time, he was working with a small group of people on the theoretical research of the Sedona Liberation Method, training them, systematizing the teaching of the Sedona Liberation Method, and exploring methods for self-studying the Sedona Liberation Method."

The concept of the "Golden Six Steps" suddenly came to his mind, and he immediately wrote it down on a bookmark tucked inside the book he was holding. This concept has remained largely unchanged since its inception, classic and perfect.

Practicing the release method by following the six golden steps is very helpful. Many people write these six steps on a small piece of paper and carry it in their wallets, or even put it on their daily to-do list. You can also stick it on the wall in front of your desk or set it as your screensaver. In short, any way that can remind you to release anytime, anywhere will do.

I also suggest that when you focus on practicing the release method, you have a set of the six golden steps in front of you so you can rescue yourself if you get stuck. As I said before, these six steps represent the core and essential part of all the exercises you've done or haven't done.

[2020.9.17] Wind: According to Lester Levenson (The Sedona Method) , all the knowledge needed for the release method is in the six steps. You just need a simple and direct path, and then go on without hesitation.

Therefore, you can look at anything that encourages you to continue releasing, and you should be wary of anything that makes you stop releasing. Once I stopped releasing, I knew I was wrong, or at least not on the right path. No matter how sacred the packaging, nothing can stop you from progressing.

My general viewpoint is this: simply put it into practice, and the truth will unfold before you; it doesn't need embellishment from this side of the world. No matter how many ways you describe it, it won't truly belong to you until you experience it.

[2020.9.30] Wind: Lester Levenson (The Sedona Method) likes to use the simplest language to express those difficult concepts, so when I do translation, I try to use everyday language and avoid using big words. I can't find the original version of the six steps. Lester Levenson (The Sedona Method) didn't talk about the six steps in one go. He just mentioned them in a scattered way, or mentioned "six step". But if I put them together, it's probably close enough. I'll try to retranslate it using his original words.

Step 1: You must desire Freedom (capital F) more than you desire the world.
(You must desire freedom more than you desire recognition/approval/validation and control. Recognition and control = the world.)

Step 2: Make the decision (highest priority) to be Free .

Step 3: All feelings stem from the desire for control and the desire for approval; these are faulty survival mechanisms. Release them.

Step 4: Continue releasing.

Step 5: When you get stuck, release the desire to change or control the feeling of being stuck.

Step 6: Each time you release, you feel more joyful, lighter, clearer, relaxed, and free from limitations. With each release, you will feel increasingly joyful, relaxed, and free from limitations and more at peace.

Okay, here are the six steps I took to piece together Mr. Lester Levenson (The Sedona Method) Levenson's scattered words, for your reference.

[2020.9.30] Wind: Regarding the knowledge aspect, we only need to know the six steps and the release process. The rest is about continuous operation and experience. If there are disagreements on conceptual matters, put them aside for now and try releasing it in practice.

Feng Tan's Six Steps: Step 1
Step 1: You must want freedom more than you want the world.

You must want freedom more than you want the world (approval and control). (The desire for approval and control equals the desire for the world.)

Lester Levenson (The Sedona Method) : Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world.
Let me rephrase it slightly, but this is indeed how it originally came about. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want recognition and control," since recognition and control are synonymous with the world. But I think it's better to say "You must want freedom more than you want the world."
If you do that, your next action will be to turn your gaze away from the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here and now. So the first step is that you must desire freedom more than you desire this world.
—Excerpt from The Way Part 1

Q: How can we change direction and truly achieve the first step at the experiential level?
[2020.11.17] Wind: **The way to change direction in the release method is by constantly confirming your gain. You will want to release again if you gain benefits from releasing.**

For example, if you have an exam today and you have a history of successfully passing it through diligent study, you will study hard. However, if you pass the exam through a form of self-liberation, you will then seek self-liberation.

You need to make sure that all your gains come from letting go.

Get everything by releasing only. It's important to gain benefits initially, allowing those gains to support you towards even greater gains. Simply put, you only turn around and take the first step when you see the world as equal to suffering and all happiness as originating from within. As long as you believe happiness exists in the world, you will stop to pursue it.

If you frequently listen to the audio and watch the videos, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is "Have you ever experienced an inner picture change that immediately translates into an outer one?", and the other is "Have you discovered that all happiness comes from within?"

You only take the first step when you truly discover this. In classical texts like the Agamas, it's described as seeing suffering and seeing the cause of suffering. But when Lester Levenson (The Sedona Method) says it casually in plain language, you'll overlook it.

So changing direction isn't about shouting "I want freedom," but about gradually confirming that your gain comes from liberation, and there's nothing outside of those six steps.

You can't just resist or hate the world; that won't help. Unfortunately, when most people cry out for "freedom," they are actually suppressing their hatred of the world. But hatred and attachment are two sides of the same coin; they are two directions of desire.

It only works if you truly take the first step at the experiential level. Through continuous release and confirmation of your gains, confirm the source of your happiness.

Okay, let's release this, from gaining a little benefit to gaining all the benefits. There's nothing else to say.

[December 3, 2020: Only when you see that happiness originates entirely from within will you turn towards a different path]
Wind: The main thing is to achieve the first step. Once the first step is achieved, everything else will be achieved. The main thing is to completely change the direction of the flow.

You haven't noticed another first step: wanting freedom more than wanting control and identification. You can want control and identification, but you want freedom more than they do.

I shared Lester Levenson (The Sedona Method) Levenson's explanation of "entering the mainstream":

Lester Levenson (The Sedona Method) : Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world.

Let me rephrase it slightly, but this is indeed how it originally came about. Because it seemed to have no real relevance to people, we modified it to "You must want freedom more than you want recognition and control," since recognition and control are synonymous with the world. But I think it's better to say "You must want freedom more than you want the world."

If you do that, your next action will be to turn your gaze away from the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here. So the first step is that you must desire freedom more than you desire this world.

—Excerpt from The Way Part 1

(The following quote is from his post on November 16, 2020.)

Wind: If you take the first step, you'll fall into the last five. Lester Levenson (The Sedona Method) certainly said that. You can compare the ancient and modern expressions (referring to Lester Levenson (The Sedona Method) 's quote above and the two passages from the Agamas below).

"Venerable Sir! What is meant by 'clarity'? Venerable Sir! What is 'clarity'? What is 'following clarity'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path leading to the cessation of suffering—this is called 'clarity'; and this is 'following clarity'."

The cause of suffering is the origin of suffering. Knowing suffering, knowing the cause of suffering, knowing that suffering can be extinguished, and knowing the path to the cessation of suffering—this is the first turning of the Four Noble Truths. This knowledge is called "clarity," which is like turning on a lamp in a room. At this moment, the "Noble Eightfold Path" will immediately appear before you, the wisdom of following the path to the cessation of suffering.

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path to the cessation of suffering. Contemplate the undefiled aspects of the Dharma, and through selection, discrimination, inquiry, awareness, wisdom, enlightenment, and observation, this is called right view. This is the noble view, the transcendent view, the undefiled view, the non-attachment view, the right cessation of suffering, and the turning towards the end of suffering."

Every choice, distinction, inquiry, awareness, cunning, enlightenment, and observation you make will naturally turn towards (this is called turning towards the extreme of suffering), aligning with the state of non-outflow. "Non-outflow" is an ancient translation, meaning perfect and without flaw; you will no longer pursue anything else.

Imperfect happiness (with flaws and shortcomings) is the stage from mindfulness to investigation of phenomena in the seven factors of enlightenment. In the six steps, it is the first and second steps.

However, no school of Buddhism knows about this now, and any attempt to find an explanation of the Seven Factors of Enlightenment in any school of Buddhism will yield incorrect results. Lester Levenson (The Sedona Method) , on the other hand, explains it very clearly in plain language.

Simply put, you will only turn around and take the first step when you see the world as equal to suffering and that all happiness comes from within. As long as you still believe that happiness exists in the world, you will stop to pursue it.

If you frequently listen to the audio and watch the videos, you'll likely see Lester Levenson (The Sedona Method) asking two questions: one is "Have you ever experienced an inner picture

change that immediately translates into an outer one?", and the other is "Have you discovered that all happiness comes from within?"

You only take the first step when you truly discover this. In classical texts like the Agamas, it's described as seeing suffering, seeing the cause of suffering. But when Lester Levenson (The Sedona Method) says it casually in plain language, you'll overlook it.

If you retain the possibility of seeking happiness in the world, you won't take the first step, because you'll decide to go wherever you think you can find happiness. All happiness comes from within, but you really need to discover this for yourself; you need to experience it. You can't just resist the world, hate the world; that won't help.

[November 17, 2020: The first step of the six steps corresponds to the Buddhist concept of "entering the stream" / stream-entry]
Wind: Why do you pursue happiness in this world? Because you mistakenly believe, based on your experience, that happiness exists in the world.

Therefore, Lester Levenson (The Sedona Method) makes you realize that the world is miserable. Fully experiencing this will develop an wisdom that the Buddha called "seeing suffering," the wisdom of seeing suffering. Then you will see the cause of suffering: the world is painful because of your attachment and hatred (attachment and hatred are two directions of your desires, namely the three wants: security, recognition, and control). Once these are extinguished, your suffering will completely disappear, and all happiness will reside within you.

This understanding, this wisdom, is what the Buddha called the wisdom of the origin of suffering and the wisdom of the cessation of suffering. Knowing that the world is suffering, knowing how suffering arises, and knowing how suffering can be extinguished—this constitutes correct observation, which the Buddha called "right view," or "clarity" and "noble wisdom." (Knowing suffering, knowing the cause of suffering, knowing that suffering can be extinguished, and knowing the path to the cessation of suffering—this is the first turning of the Four Noble Truths, which is attaining stream-entry.)

Guided by right view, all eight parts of the path are presented before you, which the Buddha called the "Noble Eightfold Path," and the direction begins to change. In the six steps, this is the first step, so the six steps begin as a guide.

Here, every choice, distinction, inquiry, awareness, cunning, enlightenment, and observation you make will naturally shift, your entire being turning in the direction of liberation, corresponding to undefiled thought. "Undefiled" is an ancient translation, meaning perfect and without flaw. You no longer seek happiness in an imperfect world, thus your whole being...

Naturally, one changes direction with each choice.

Therefore, reaching the first step of the six steps, which is actually what Buddhism calls the first stage of enlightenment (Sotapanna), the stream-enterer stage (Stream-enterer stage), the stage of liberation through wisdom, means entering the stream of sainthood. You will naturally sever the three fetters:

The first knot is the knot of doubt, because the entire path is laid out before you, so you have eliminated all doubts.

The second knot is the knot of self-view. Because of the flaws in the world, you will not look for "me" anywhere, and you will not think that the body is "me".

The third knot is the knot of shamanism, because you see the source of everything, you no longer have the idea that rituals or external forces are effective, nor do you have the idea that they can lead to the end.

At the same time, the karma that could have led you to lower realms may be completely cleared. This is the result of completing the first step; the remaining five steps will naturally fall into your experience.

Besides in "The Way," Lester Levenson (The Sedona Method) 's description in other audio recordings of "taking the first step, and every action you take will tend toward freedom" is the same.

It's perfectly normal to have doubts before truly entering the six steps; these are recurring. Because you won't truly eliminate doubts until the path is revealed. After the path is revealed, faith is established—an ancient translation of which is called indestructible pure faith—which is essentially the attainment of the second step.

[2020.12.11 Only by continuously releasing and connecting with infinite consciousness, and feeling that it is the only source of happiness, can one fully turn towards it.]
Wind: When Lester Levenson (The Sedona Method) arrived at Samadhi, he didn't know that Samadhi existed, so whether you know the concept of Samadhi or not doesn't affect your arrival there.

What I have repeatedly stated is that Nirvana Kapa Samadhi is actually the complete attainment of the first step of the six steps.

Why? Because you will only fully achieve it the moment you come into contact with infinity.

By continuously connecting with the infinite through release, you will suddenly discover that those seeds no longer have any effect, and all your motivation to seek happiness elsewhere disappears. Because you have discovered the sole source of happiness on an experiential level, the seeds will no longer be effective.

If you don't come into contact with infinite consciousness, you will always feel that there is happiness in the world.

As long as you feel there is happiness in the world, you can turn your attention back to the world; it's that simple.

Lester Levenson (The Sedona Method) : I won't give you any more guidance right now. I've already given you too much. How do you feel about what I've said? How do you feel about what I've given you so far? These are the key points:

The first one is that you want freedom more than you want the world.

The second is to release all the joy from within you. The next is to decide to be free and do it. The next one is to directly release the fear of death—this is the most difficult one for you because you feel that if you release it, you will die.

—Excerpt from THE WAY Part 4

The first lesson is that you must desire freedom more than you desire the world. Therefore, you should obtain all happiness from within yourself, simply by releasing it.

—Excerpt from THE WAY Part 2

Wind: Obtain all happiness from within yourself, do it completely, and that is the attainment of Nabikapa Samadhi.

Lester Levenson (The Sedona Method) spoke so plainly that people would overlook his meaning.

Before you completely release your mind, you will have a preview of infinite existence. That is, although you haven't completely released the entire mental process, there will be moments when the mind retreats into the background. At this time, your mind is completely still, temporarily. Thus, you can experience infinite existence in this moment, have a preview of it, which can greatly increase your yearning for freedom.

Because you will find that no matter what you gain in the world, it is not even a fraction of that happiness. Every moment in the world is more agonizing than that state.

After this, your release will be different. You will no longer need to remind yourself of the six steps, because in the first step, every decision you make naturally leads to freedom. The release simply cannot stop, and you will frequently enter samadhi, frequently come into contact with infinity, and each time it will take away many of your desires.

As I mentioned before, there are methods to achieve Nirbhabhava Samadhi, but one's habits are somewhat impaired, thus requiring more time to release karma. Therefore, Lester Levenson (The Sedona Method) spent three months exploring methods for releasing karma.

If you don't use the release method and simply burn away karma by entering infinity, it will take even longer.

In spiritual circles, there's a saying: "Practice begins after enlightenment." Understanding and maintaining awareness, with practice corresponding to understanding—this is actually a Zen concept. Because Zen is an intellectual method, maintaining awareness requires using infinite consciousness to correct your habits in every aspect of life, recognizing that you are not the actor, but rather your infinite existence acting through you. This process is the process of releasing karma.

The release of karma only occurs when you realize that you are not the actor (doer), and cannot happen through the action itself.

Roller: Only those who have truly attained sainthood are considered enlightened.

Feng: Of course. Buddhism makes a more accurate distinction in this regard. Before reaching the Stream-entry stage, regardless of one's level of supernatural powers, one can only be called an ordinary person, remaining within the realm of ordinary people.

After the pre-flow, comes the flow of saints, the holy disciples.

The beings in the Desire Realm, the Form Realm, and the Formless Realm are all ordinary beings.

[November 14, 2020: The desire for freedom is not based on a hatred of the world]
Wind: Lester Levenson (The Sedona Method) said that feelings of disgust (aversion of the world) are often suppressed more deeply.

Both aversion to the world and attachment to the world are forms of wanting the world. Therefore, in terms of releasing one's goals, you must actually do it.

If you can't achieve your goal, then there must be a "I can't" process suppressed deep inside.

Therefore, when Lester Levenson (The Sedona Method) emphasizes "getting everything through liberation," you need to actually do it, rather than replacing it with a restrictive concept.

(Roller then quotes a passage from "Get High to Release")

Lester Levenson (The Sedona Method) : It’s hard to see aversions to the world. Your attachments are obvious, and you’ve been chasing them, but aversion keeps you out.

Therefore, when you pursue a goal, you will hear things like "Oh, I'm afraid," "I can't," and all those other things.

So, bring your aversion to the world to the surface and then you can let it go. If you're not aware of this, you won't be able to see or deal with it; therefore, achieving success in the world can bring out your negative programs and thoughts.

The only reason the world cannot provide you with rich and abundant services is because you have the opposite idea, but they are suppressed (repressed emotion in the Subconscious mind).

Strive to make the world a better place, let the opposing feelings surface, and then release them. Because if you can't succeed, it's because you're clinging to programs that disappoint you while ignoring them.

Wind: For every attachment, there will be an aversion; attachment and aversion appear in pairs.

Aversion is a level of desire, as mentioned in "The Right Path," which discusses desire (attachment) and aversion.

The Sedona Method 1992 workbook PDF contains "want" and "don't want." What you want is covetous, and what you don't want is abhorrent.

But they are both a kind of "want", just two different directions.

[November 17, 2020: Use goals to bring out suppressed feelings, and by releasing them, confirm that all your gains come from your infinite inner self. Only then will you move towards freedom and achieve the first step.]

Wind: If you have something you want, go for it. That's what Lester Levenson (The Sedona Method) taught you. The more you acquire, the more you discover the true source of happiness. When you truly achieve that, you don't even need to think about whether you want freedom or the world; every action and choice you make will naturally tend towards freedom.

However, when you still retain the possibility that "there is happiness in the world," you will not be able to achieve it. You will subconsciously look for happiness elsewhere, which constitutes your goal. You need to use this goal to outline the process and achieve the goal. Only then will you find that the process has been working on you all along, and only then will your direction truly change.

If you suppress it, it will keep affecting you, and you will never be able to take the first step.

The first step is not just a slogan; the six steps are a perfect map. You need to confirm what you have gained through release until you discover that all happiness comes from one thing—infinite existence, and discover, as Lester Levenson (The Sedona Method) said, that the world is completely miserable.

When you achieve your goal, you might find that you haven't gained the happiness you imagined. At that point, you'll set your sights on the next goal, the next desire for the world. When you achieve that too, you'll find that you still haven't found the happiness you're looking for, so your desire will move on to the next goal yet.

You will keep rising, constantly confirming the source of happiness, until you experience it.

The source of all happiness is when you "quiet your mind and allow the infinite within to manifest more." Your direction will change, and that is when you have completely completed the first step. Freedom then becomes your sole goal.

Next, as Lester Levenson (The Sedona Method) said, you'll automatically fall into the last five steps, and that's it.

[November 19, 2021: Once the first step is truly achieved, there will be no backsliding.]
Wind: No longer tempted by self-consciousness, completely inclined towards freedom. This is the first step of the six steps, which in yoga they call Nirbhakkapa Samadhi, the beginning of the real work.

If you don't reach this point, you might regress; if you do, you won't regress. Truly reaching the first step prevents you from sinking. Entering the stream (pre-stream), there is no more regression.

Insight into the source of happiness will get you to the first step. After that, every decision you make is inward, a liberation from your constraints, a step towards your true being. The most crucial thing is realizing that you're used to struggling to obtain happiness from the world. You need to see that this is foolish, let go, and then obtain it effortlessly, making it your norm.

Tables are a great tool, and I recommend that you use them (referring to the release table in the workbook). I strongly suggest using the target table, and I also recommend adding a record of the failure.

You have to discover your ability to achieve each goal, you have to eliminate your failure process, and the prerequisite for eliminating it is to face it and allow it to surface.

If you truly take the first step, every choice and action you take will naturally tend towards freedom, and then you will decide to be free.

Otherwise, why would Lester Levenson (The Sedona Method) and Kam say that once you reach the first step, nothing can stop you, because the first step is Nirbhabhava Samadhi, where there is no turning back, and even the seeds are no longer effective?
—Wind, December 3, 2020

[November 28, 2020: How to quickly reach the first step]
Feng: I have come to a deep understanding of the meaning of "stream-enterer" in the Agamas. When you have fully achieved the first step of the six steps, every inclination and choice leads to freedom.

The wisdom of seeing suffering is the precursor to the first step. You will see that the direction of the world is suffering, while the direction of freedom—infinite existence—is the only source of happiness. You will then spontaneously stop all attempts to find happiness by crashing and bruising yourself in the world.

Q: How can we quickly and empirically achieve the first step, namely the pre-flow stage?

Wind: Implement the six steps. The sixth step is the easiest to overlook, but it is the key to achieving the first step.

Because you are actually seeking happiness in the world at an experiential level, you should practice Lester Levenson (The Sedona Method) 's favorite teaching: get everything by releasing only. Every time you want something, you achieve it by releasing, and that gain will make you want to release even more.

Continuously confirming your gains will allow you to continuously release stress. Until you find yourself still unhappy even as you achieve your goals, you will "discover" on an experiential level that nothing can truly bring you happiness.

Immediately, you will realize the sole source of happiness, and at that moment, a change in the flow of life will occur, a complete change in the direction of your life; you will be completely...

The direction has been completely reversed, and this is the first step that has been fully achieved: wanting freedom more than wanting the world.

Then, just as Lester Levenson (The Sedona Method) said, they will keep falling into the last five steps.

Achieving the first step fully requires pre-flow, but you cannot achieve pre-flow if you do not actively utilize the first and second steps. All six steps require your active implementation; once you have fully achieved the first step, the remaining five steps will guide you.
Therefore, the most practical teaching for you is Lester Levenson (The Sedona Method) 's most recommended teaching: get everything by releasing only.

Everything means everything. You get everything you want simply by releasing, which also allows you to follow the six steps.

—Wind, December 16, 2020

[November 20, 2020: Feng (Wind) recounts how he achieved the first step]
Wind: You can release anything; make it your experience. During my retreat, I also achieved many goals. However, I didn't use a goal table; I just listed what I wanted to achieve and kept releasing it. Afterward, I found that I had achieved most of them.

Roller: Did you take the first step when you went into seclusion?

Feng: Later, the six steps were confirmed. When the six steps were confirmed, I knew that something had completely changed. Later, I suddenly realized that it was the stream-entry in the Agamas. After reading the Venerable's explanation, I knew that it was also the Nirbhabhava Samadhi in Yoga.

Confirmation is the first step. Only after achieving the first step can you dispel doubt, and only dispelling doubt can be called "confirmation." The entire path will be presented before you, and you will directly know how to reach the destination—a direct knowledge that requires no thought. Then you will discover that every action you take cannot go against freedom; this feeling of changing the flow is very clear.

I am Infinite: How did you suddenly confirm the six-step method?

Wind: You mean you know all six steps directly?

I am Infinite: Hmm, how long has it been continuously released?

Wind: I released it for less than a week, and it continues to release.

I am Infinite: Will I remain in seclusion for a week to release my pent-up emotions?

Wind (Feng 风) :
Well, my continuous release wasn't about sitting there forcing myself to release; I wrote down a lot of goals on it, and my mental activity was a way of verifying them.

Here's what happened: I did a release, and it felt great. So I said, "Let's release again, will it feel even better? Let's test step six." Then I got stuck, so I said, "Let's test step five, let's release and see if it gets better." And wow, it was smooth again! I was so happy, so I released again.

So the whole process was actually quite interesting; it wasn't the kind of arduous meditation that many people imagine. After a few days of continuous release, I was

already feeling very happy, and at that point, insight naturally emerged, and I directly knew what the sole source of happiness was (within myself).

Pain is the limitation of your infinite existence; when you cover it with feelings, that is pain.

The moment this realization occurred, I immediately felt something change. The releasing became very proactive, without the need for any paper goals to entice me. It was just continuous releasing, and then I reached the point I mentioned, where my entire mind suddenly detached, and I felt all the energy I was using flow inward. In that instant, I felt my whole body and mind turn inward. Then, all the subsequent steps became clear.

I thought those experiences were individualized, so I didn't go into detail about many of them.

For example, when I relieve physical stress, I suddenly relax completely and straighten up.

Now I know that this is inevitable, because it is a prerequisite for entering Samadhi, and one of the first few steps to reach Nirbhabhava Samadhi.

When you reach Nabikapa Samadhi, you have completed the first step of the six steps. Completing the first step will automatically lead you into the next five steps. Before that, you need to constantly verify the six steps to ensure you are on your way to the first step.

—Wind, November 26, 2020

I'll explain a very simple first step.
When you want to talk to someone, assuming you have a desire for recognition, at this moment you stop releasing, and at this moment, a desire for recognition is at work with you.
If you remind yourself in the first step that you want freedom more than you want recognition and control, you will be able to bring that desire for recognition (approval) to the surface.
Otherwise, you'll speak up and let that person who wants to identify stay inside and operate on you.
Therefore, try to understand the six steps thoroughly so that you can continue to release the energy.

—Wind, October 24, 2020

The first step is to want freedom more than you want recognition and control. If you can't do that, many feelings won't even surface. If at this moment you want control and recognition more than you want freedom, you won't release them.
Because the desire for freedom doesn't outweigh the desire for control and recognition, you suppress it and won't let it out.
You will only allow freedom to surface if you desire it. So make sure you take the first step.

If you want freedom, you will decide to do it; you will allow it to surface rather than let it stay inside and operate on its own.
Allow yourself to become aware of your current feelings, whether they are a desire to control or a desire to identify, and let them go.

—Wind, October 24, 2020

"Chat histroy"

"Chat histroy"

"Chat histroy"

By following the six-step release method, you can reach a very high state within a week, even entering Nabikapa Samadhi. If you drag out the process, you are definitely not within the six steps. Lester Levenson (The Sedona Method) tells you that one release is equivalent to several months of meditation, and one release only takes a few seconds; you only need a few seconds to achieve the same effect as months of meditation.
This method is extremely effective. You can look at the six steps to see if you're in it. If you are in the six steps, your release will be continuous, and your pleasure will continuously increase.

—Wind, December 16, 2020

This is very simple and easy.
All you have to do is make a choice.
When you want freedom
When you decide you want freedom more than anything else in your life—and I mean everything, relationships, wealth…
When you want more freedom than you want these things
You will get it soon.
Moreover, when you see that the only reason you want freedom is to have it, this will help you make a quick decision.
But you must keep it simple, just start doing it, and eliminate mental activity by releasing your feelings.
When you do this, you are in the highest state of love and abundance, which is your natural state.

—Lester Levenson (The Sedona Method) Levenson

My records

I've decided to pursue freedom, and I'm going to do it. This decision became crystal clear yesterday when I was released. My current state is something my past self could never have imagined, but I know it's not the end yet.

I operate at the level of "knowing" for more than 70 to 80 percent of the time, simply "knowing," without needing to mobilize any "knowledge" or "beliefs."
My mind is working much less than before. I see what Lester Levenson (The Sedona Method) meant when he said, "All happiness comes from within." When we try to find happiness in the world, we create a sense of scarcity, which drives many feelings and thoughts.
What we call finding happiness in the world is merely a temporary mental stillness achieved by telling ourselves, "I have achieved my goal." Mental stillness = happiness. Because the only source of happiness is existence itself, and the mind is the only cover over infinite existence.
Go do it, I know. Freedom will be within months or weeks. This time it's not "I believe," but "I know," and I see the whole picture clearly.
By following these six steps, you can achieve this.

—Wind, October 18, 2020

Now, because the motivation for that first step is too strong, I spontaneously enter a state of release, and I am pushed to release, so it is difficult for me to descend to a state where I can guide others.
Because once you continue to release your emotions, your mind becomes very quiet, and you can no longer see others as things outside of yourself. In this way, you can't see the other person as problematic.
Re-establishing the perception of others as separate entities requires considerable effort. If this is not done, feelings will continue to ascend, and as this ascends, duality will disappear.
Keep it simple, follow the process, keep it simple, sweetheart. This is what Lester Levenson (The Sedona Method) calls the kiss (KISS) principle. Keep it simple, Sweetheart.

Lester Levenson (The Sedona Method) says it's very simple, but what people keep doing is making it highly complicated. We can use many language systems to discuss the same thing, and we may transform many expression paradigms, but those are not necessary.
What's necessary? Learn the release process and the six steps.
This is all the tools and map you need on your path to Freedom.

—Wind, October 23, 2020

Feng Tan's Six Steps Step 2
Step two: Make the decision to go freely.

[October 23, 2020: Once I've made a decision, I'll do it immediately.]
Wind: The decision to be free is not a prayer, not a suggestion; a decision is a decision. It's like deciding to walk from your seat to the door. Once you've made the decision, you'll do it immediately.

[October 23, 2020: Your decision will take you where you want to go.]
Wind: The first step is wanting freedom, the second step is deciding to be free.

If you decide to do something just because it feels good or to achieve a certain material goal, then you'll stop once you get it.

If you decide to be free, you won't stop until you reach it.

Because of what you want and what you decide, you will take yourself there.

[October 24, 2020: Decided to achieve freedom through release]
Wind: The second step is simply to make a decision, to decide on freedom, to decide to use this release process to achieve freedom.

Sometimes you hesitate and wonder, "Should I release it?" or you might consider other methods, such as awareness or Self-inquiry. As long as you don't decide to use the release process to achieve freedom, you will keep wavering like this, and you won't be able to continue.

Both wanting freedom and deciding to be free are things that can be done directly.

just want it more, just make the decision.

When something tries to control or identify with you, it will surface once you're certain that releasing it is better than letting it stay inside.

For example, if you want to play a game, and there's something in the game that wants to control you, and you feel that releasing that desire to control is more important than trying to control it, then you've achieved the first step, and it will emerge and allow you to release it.

Wanting control and recognition equals wanting the world, which means moving in the direction of restriction, and there is no freedom in the direction of restriction.

"Chat histroy"

[January 2, 2021: Everyone can decide to achieve freedom at any moment; this is complete free will. There is only one thing you have free will over: choosing freedom or being bound.]
Lanruo: Was Lester Levenson (The Sedona Method) 's awakening in this life also predetermined?

Wind: Awakening is the only thing that cannot be predetermined. You have no free will over anything else.

You have free will over only one thing: the choice to identify with your body or with infinite existence. You have no free will over anything else. Every thought you have is driven by past

programs, including what you want and what you dislike, depending on the tendencies of your programs.

There is only one thing that is complete free will—that is, at any time, you can identify with your infinite existence.

Release is the means.

FREE: So, should we also encounter the release method as a default setting?

Wind: Of course. You can't encounter the liberation method without very, very good karma. When you reach Nabikapa Samadhi, every one of your lives will surface. Then you realize that in every single thing, you are not acting; you have always been infinitely existing. These later things don't really need to be explained, but I still want to emphasize the six steps and implement them.

To fully complete the first step, continuous release is required. All six steps must be carefully considered. However, if your willpower is strong enough, you can achieve the first step in an instant simply through desire.

Everyone is free, as long as you do it.

If you start fast but stop halfway, you won't be free. Follow the six steps to the finish line; consistency is essential.

Yitian: Deciding on freedom is deciding on release. Does deciding on release require first seeing through the mind as the only obstacle to freedom?

Wind: A decision is a decision. You can release your emotions now, or you can escape them by playing on your phone (TikTok, etc), but you've decided to release them.

Once you've taken the first step, all you need to do next is make one more decision: decide to be free. Don't try to break through using any mental methods; just practice with the videos. I did a period of continuous release two years ago, for a week. At that time, my mental agflap (AGFLAP) was almost completely cleared, and I was in a very comfortable state, with the world around me displaying unprecedented harmony.

Then, I didn't do any release for a full six months. Then those agflaps came back. I even forgot how to release my emotions and desires. I was stuck for a long time, which is why I joined the group to communicate.

Later I discovered that the people in the group seemed unaware of Lester Levenson (The Sedona Method) 's later audio and the original...

The existence of the original version of the release method led to the translation of two articles: "The Way" and "Lesson from Original Sedona Method 1992".

During the translation process, I reviewed the material myself and remembered the key points. So I continued to work on it, remembering the lessons learned last time, and moved forward one step at a time.

Never stop before you reach the finish line. Because once you stop moving forward, you're going backward. Because you haven't completely released the desire for control and identification, as well as the fear of death, the roots haven't been severed, and branches and leaves will slowly grow back.

There is no such thing as standing still; once you stop moving forward, you are moving backward.

"I'll do it later" is a trick of the mind. Once you use the future tense, your mind will keep it in the future (which is a mind projection - not real)

Doing it later means never doing it.

Very few people in this era are inclined toward freedom.

Feng Tan's / Wind's Six Steps: Step 3

Step 3: All feelings stem from the desire for approval and the desire for control; these are survival mechanisms. Release them.

[2020.10.18]

Wind: The third step is that all your feelings are driven by a desire for control and acceptance. You have feelings every moment, and the whole world you see is about controlling and accepting them. You're on guard 24/7, trying to prevent the fear of death from surfacing. The mechanism of this defense is the desire for control and acceptance.

[2020.10.23]

Wind: The third step is "All feelings want to be controlled and identified with, release them". All feelings means all feelings. You must have feelings right now. They must want to be controlled and identified with. You can release them.

Before letting go becomes a habit, follow the process; don't just be aware of it.

[2020.10.24] Wind: As soon as you recognize the desire to be recognized (approval) and the desire to be controlled (or desire for control), you will immediately have a natural tendency to let it go, and it will dissipate before you even have time to ask.

Q: It leaves as soon as I notice it, sometimes it does, sometimes it does.

Wind: So, use the process. **Don't use your own invented "just awareness," it won't work. The process is already very simple: allow yourself to be aware of the feelings, be aware of whether it's an attempt to control or identify with them, and then let it go.**

If you try to skip the process, it won't work. It might work once or twice, but it won't always work because the inertia of the mind is very strong. If you don't use this technique, your repressed habits will pull you along.

The release process is not in line with human habits, so you need to consciously use the process from the beginning until you reach a point where the process will guide you.

[2020.10.22] Question: Wind, when you release something to a certain extent, do you release it step by step through a process like you do, or do you leave as soon as you sense any desire for it, without needing to ask any more questions?

Wind: floats up and out, like waves appearing and then disappearing. Once released, the momentum becomes very strong; as long as you make the decision to release, it will carry you, and you won't need to exert as much effort as before.

[2020.12.30] Wind: Once you've been consistently releasing, questions become superfluous. However, in the beginning, questions are still needed to guide you.

"Chat"

[October 23, 2020: **The key to release lies in the release process and in continuous release. Do not confuse it with awareness and observation in other methods**.]
Qingxi: Wind (Feng) simply makes you aware of the desire to release this tendency directly. Is it feasible to operate without discerning whether the desire stems from a need for validation or a desire for control? If not, why?

Wind: **You can only release it when you are clearly aware of it. When it comes to the surface, you will be directly aware of it, and then there will be a natural tendency to let it go.**

Yitian: The key to release is still the ability to perceive, right?

Wind: No, it's the process. No matter how good your awareness is, if you try to be aware of something else when you should be releasing what you want to control within the process, you'll get stuck.

Mingkong: Do you usually release your feelings and emotions when they come, or do you constantly pay attention to them and actively ask about your current feelings and follow the process?

Wind: Proactively use processes.

Asagao: You have to release things one by one, and release people one by one, right?

Wind: It's not about releasing things one by one, but releasing feelings one by one. Be consciously aware of your feelings, and the desire to control and identify with them.

Yitian: So, the key to releasing is being able to perceive that "want"?

Wind: **The key to release is the process. I can't say it's awareness, because awareness is something that is easily confused.**

The simplest truths are often the most profound: What is the difference between liberation and mere observation?

Wind: When you're observing from the sidelines, do you want to control or to agree?

The simplest way is to not participate, but simply observe.

Wind: **Many people say: I am just observing. It means putting yourself in the position of an observer, but this is a pretense because you are still suppressing your feelings. Those driving forces are still operating deep within you; the desire for control and identification (approval, love, attention, validation) is still driving you.**

The simplest truths are the most profound: What is the essential difference between the two?

Wind: **One represents suppression, the other release.**

The greatest truths are the simplest: I understand the perspective of an observer as one of natural inaction, which is either suppression or action.

Wind: You can't achieve non-action by doing that. Lester Levenson (The Sedona Method) said there are two kinds of non-action: one is the lowest state, utter despair; the other is the highest state, tranquility, where everything is perfect, infinite, and nothing needs to be changed. If you were to deliberately try to achieve non-action or simply go with the flow, which would you be?

Lester Levenson (The Sedona Method) offers a better summary: **"The Release method is simple, and the method is easy. Let the feelings surface, become aware that they are craving approval or control, and then let them go. Following these six steps will take several months to clear out all your garbage**."

The key to the release method is, of course, continuous release, not continuous observation. Be aware of your current feelings, then recognize that they are a desire to control or identify with them, and then release them.

I've practiced many types of meditation and different methods of focusing on observation, and they are truly different from the release method. Trying to apply those experiences to the release process will only create obstacles.

Qingxi: When you become aware of wanting to control or identify, you are only aware of the desire itself, not what you want to identify with or what you want to control, regardless of what the content you identify with or control is, right?

Wind: Yes. Do you all believe there must be content? No, this world wasn't created that way. You first created a mind, first had a tendency to fear death, and then had the desire to control and identify. Then came the emotion of agflap (AGFLAP), then thought, and then thought projected onto the material world, which then connected to form the content of events.

Therefore, the content of an event is the result, not the event causing the desired tendency; rather, the desire causes the event. Desire drives every thought to create the world. Therefore, if you are aware of desire, that is the cause; you don't need a corresponding event.

Qingxi: I see. I was completely wrong before. Releasing desires is actually letting go of the cause, right?

Wind: **Wanting is the most fundamental reason.**

[October 18, 2020: No effort is needed to be aware of feelings]
Wind: When the process says "allow yourself to be aware," it doesn't mean you have to dig hard, but rather that you are aware of something in the moment when you are doing nothing. There is no need to call for effort or use control.

Why doesn't the course teach you "how to be aware"? Because "how" involves mental effort. For example, if you ask yourself whether you want control or acceptance right now, you'll immediately become aware. If you can't, then you want to control, you want things to go your way, which is wanting control. It's very simple.

So, let me repeat: remember these six steps, keep them close at hand, and refer to them whenever you have a chance. Any questions you may have can be answered within these six steps.

[October 23, 2020: Release enough of the desire for recognition and control, and the fear of death will automatically surface for you to release.]
Fangfei: Teacher Feng (Wind), the six steps only mention "wanting to control and gain recognition (approval or attention)," but not the third "want" of "wanting to survive."

Wind: This will appear automatically, so there's no need to manually add it to the steps. Lester Levenson (The Sedona Method) mentioned this in "The Way".

[A brief interlude from Feng (Wind) 's sharing on September 30, 2020]

Wind: I just listened to two of Lester Levenson (The Sedona Method) Levenson's audio recordings again yesterday. He said that you won't feel the fear of death (the desire to survive, the desire for safety) until you release enough of the desire for control and validation. The fear of death.

The fear of dying is deeper, so you don't need to think about it at first. I know the later release methods will make you pay attention to all three desires simultaneously, but initially, just pay attention to whether you want to control or want to be recognized. You release these desires that cover up the desire to survive (the fear of death), and it will naturally surface and be seen by you, and then you can release it.

So, Lester Levenson (The Sedona Method) put it more simply: Initially, you won't allow the fear of death to surface because you're so programmed; all your feelings are survival programs. Their purpose is to protect you from the fear of death. So when you release these defense programs, the underlying fear of death will automatically surface. That's the way it is. (laughs)

[January 17, 2021: The CAP (From AGFLAP CAP emotion chart) state is not the peak. Holding on at the CAP feelings will develop/descend into a feeling from AGFLAP . Only by completely releasing the three major desires can one achieve true freedom.]
Wind: Lester Levenson (The Sedona Method) often says to release agflap, but he doesn't say to release cap.

Tiancheng: Why would you say that?

Wind: Because CAP represents so-called positive emotions: courageousness (fearlessness), acceptance, and peace. Cap consumes agflap. Under fearlessness, you will naturally tend to do good; in acceptance, you will accept the original harmony and perfection.

However, reaching the CAP will not remove all agflaps. You must release the desire for control and identification to remove all agflaps.

This is similar to the question many people ask: why should the CAP be released? Because it's not the top; the cap is relative.

Even if you reach the cap, you won't completely clear agflap until you release the three major desires. (desire for control, approval, and survival/safety/security)

Because CAP represents what is called a good feeling, and a good feeling (by definition of polarities , two sides of same coin) corresponds to a bad feeling.

When you try to control a good feeling, you develop fear—the fear of losing it. When you want more, you develop craving—the desire to acquire more good feelings.

AGFLAP will continue to develop unless you reach the pinnacle. Only when you attain Nabikapa Samadhi and make infinite existence your eternal identity will you cease to develop agflap.

Tiancheng: Can we reach Nirbhabhava Samadhi by releasing enough desires for control and identification?

Wind: It also needs to release the fear of death.

Tiancheng: You need to release and touch the deeper sense of separation to reach Nirbhabhava Samadhi.

Wind: Release yourself from the sense of separation from this body. In the instant you release yourself, you will reach Samadhi because you have identified with infinite existence.

Being at the cap means that your current emotional state has reached its limit, and you can say that you have cleared out your emotional baggage to a certain extent.

Release the three major desires and clear away all AGFLAP.

Then you will be free, and with freedom you can control your mind.

Clearing away all agflaps: To achieve a state of calm, simply being in isolation isn't enough. When you're in captivity, it means you still have corresponding negative emotions running deep within you. However, in a cap state, you have a greater ability to dig down and release those deep feelings.

Emotional Energy Scale | The energy consumed by suppressing emotions | the remaining usable energy

Utter despair (Apathy) 100% - 95% 0% - 5%
Grief: 94% - 90% 5% - 10%
Fear: 89% - 85% 11% - 15%
Greed (Lust) 84% - 80% 16% - 20%
Anger: 79% - 70% 21% - 30%

Pride (self-esteem/arrogance) 69% - 60% 31% - 40%
Courageousness: 59% - 35% 41% - 65%
Acceptance: 34% - 15% 66% - 85%
Peaceful: 14% - 0% 86% - 100%

Note by Yiman: Agflap is an acronym for the first six emotions in the Sedona Method's emotion scale. When "agflap" is mentioned in the release method, it usually refers to negative emotions, while cap represents the last three positive emotions in the emotion scale.

This table also shows why we feel powerless when we are in a negative mood: most of our energy is used to suppress our emotions.

[What to do if you feel like you have no feelings/your feelings are vague or unclear on January 11, 2020]
Wind (Feng): That's why I don't recommend that people summarize their experiences into methods. Always go back to the original process, the complete process.

First, you need to relax your body. Once you find yourself straining during the release process, you need to stop and relax. This is because many people have developed a habit of straining due to past mistakes.

If you try to find a feeling when you release yourself, then you are escaping the feeling of the present moment. You are escaping the feeling of the present moment 24 hours a day.

Release is not an activity that requires a great deal of effort from you. Some people may have a wrong concept of release because of previous incorrect practice methods.

Accepting unclear feelings is a kind of feeling; you need to recognize that. You don't exist without feelings; you only exist when you don't perceive feelings as feelings.

Lester Levenson (The Sedona Method) specifically mentioned this "vague unease feeling," which is because you are avoiding feeling. Go and feel your vagueness.

No feeling is a vague or indistinct feeling. Consciously pay attention to this vagueness feeling; notice it first, don't rush. If, when you try to feel it, your feeling is "no feeling," don't look for other feelings; simply allow this "no feeling" to remain. First...

Pay attention to this "no feeling," or the blank feeling, consciously notice it until you recognize it as a feeling.

The absence of feeling, or the vagueness of feeling, is simply a way of avoiding feeling; it doesn't mean there is no feeling at all.

Your first repressed feeling is the fear of death (the desire to survive), which then develops into the desire for identification (approval, love, attention, validation, to be right) and control. These develop into nine emotional categories, as well as many other individual feelings.

In the release method, when we talk about emotions, we are referring to the nine emotions mentioned in Agflapcap.

When we talk about feelings, we are referring to individual feelings, emotions, desires, and all of them.

[February 3, 2021: Release with a relaxed mindset]
Wind: Try to relax and see.

Bethlehem Star: Okay.

Wind: There's no need to make it obvious before releasing it. If you make releasing it extremely painful, then of course you won't want to release it.

Bethlehem Star: Yes.

Wind: Approach it with a slightly exploratory mindset, a relaxed attitude. See what happens after you ask the question. Don't be so miserable (laughs). Letting go isn't homework.

Bethlehem Star: You really know me. Okay, I'll try to relax.

Wind: For example, a group of people are sitting around playing mahjong. Someone says, "I think there's a nice Cadillac." You pick up a tile with one hand and casually say, "Oh, okay, let's get a Cadillac then."

Hmm, it seems a bit impossible? Is it a desire for control or a desire for approval? It seems like it wants approval. Is it possible to let it go? It seems so.

Let me check again, and I feel a bit more relaxed. Has my Cadillac arrived yet? Oh crap, it hasn't. Is this a desire for control and validation? Just let it all out (laughs). You can get the Cadillac while playing mahjong. By the time you finish playing mahjong, you'll have released most of the pressure. You go outside and see a Cadillac parked there.

[2020.10.22 Release whichever feeling you are most aware of in the present moment.]
Ice Purple: Can I ask about all three desires together?

Wind: No. It's not that packing will make it faster. The reasons for feeling are, of course, all three: identification is the reason for control, survival is the reason for identification, but you are only releasing the one that you are more aware of at this moment.

[September 30, 2020: From Beginner to Final Release]
Wind: Releasing emotions is the first step in learning the release method; that is, it teaches you how to release and familiarizes you with the process. Once you're familiar, you release two desires (the desire to control and the desire to identify / for approval). When the fear of death arises, you release that fear. It's that simple.

[October 24, 2020: Once you understand what release feels like, you can begin to release what you "want"]
Wind: If you can release your desire to control and identify from the beginning, then of course you can. But people who have never experienced release may not know what release is and may mistake repression for release. In this case, you need to start by experiencing the release of emotions.

Once you've mastered this method and process, the six steps will be the only guidance you need.

"Chat" "Chat"

[November 27, 2020: Releasing feelings is not the same as allowing feelings to be accepted]
Wind: Allowing feelings to arise and leave is indeed a simple description of the release process, so in terms of method, many release practitioners can easily turn to allowing acceptance.

Freedom cannot be achieved without going through the six steps.

There is something we call "pure awareness," or the flow of awareness. Lester Levenson (The Sedona Method) , in his early work, described the flow of awareness as the ultimate state of being. There are many descriptions, but the process of reaching it is rigorous.

When a person attempts introspection, or simply sits quietly, it is tantamount to trying to forcibly separate the senses from the life force. Before reaching the pranayama stage, the life force flows outward, towards the senses.

Therefore, it is ineffective to try to control pure awareness with the mind before you have fully mastered the life force (prana) on both the physical and psychological levels. When the life force flows inward, the senses naturally shut down, and only then can awareness become pure, leading to samadhi, the two stages of samadhi.

The six steps form a complete map, and failing to complete any step will leave you stagnant. When people mentally believe they are remaining in a state of "awareness" and accepting everything, they have actually stopped releasing. They have lost the continuous release of step four.

In the realm of existence: How is the inward flow of life force achieved in the release method?

Wind: Constantly releasing the desire for control and identification at the causal level. Because you flow towards the senses = flow towards the world, and the world = the desire for control and identification (recognition, approval).

If you keep releasing it, the life force will be completely controlled, and it will no longer flow outwards.

"In the Abdomen": It feels like focusing your attention on your abdomen, as if your spine is straight, making the release smoother.

Wind: Release doesn't actually require a fixed posture; focusing your attention on the center of feeling is the right thing to do.

"Zaiyan" likely refers to the large area of the chest and abdomen.

Wind: refers to the heart chakra in yoga.

"In the Mood": When you enter Samadhi, it should be a very deep state of stillness. Can this be achieved simply by releasing energy anytime and anywhere in daily life? Or is it possible to enter this state only through a certain period of quiet and focused release?

Wind: There are two kinds of Samadhi: one is Samadhi with seeds, and the other is Samadhi without seeds. When you reach Samadhi without seeds, you can enter it at any time, because as a prerequisite, the life force of body and mind has been completely controlled.

Zaiyan: Could you elaborate?

Wind: It only takes one decision to enter. I attained the Samadhi of the Seed long ago, when I was practicing Pa Auk Sayadaw in high school; it suppressed afflictions.

In the science of yoga, Nirbhabhava Samadhi is a stage of transformation, similar to the pre-stream of enlightenment described by the Buddha, a change in the direction of life's flow. In Lester Levenson (The Sedona Method) 's view, it is the complete attainment of the first step.

From then on, every choice you make will naturally lead to freedom. Only then will you move from the stream of ordinary people to the stream of saints, and you will never regress. There is only freedom to move forward.

In the present moment: How can the first step be achieved? Is it a desire, or a result of release?

Wind: This is the result of consistently following the six steps, which can be guided by a principle in "The Way," such as obtaining everything you desire through release. **When you do this, you will gradually discover that what you are seeking in everything is happiness.**

And the only source of happiness is a quiet mind, allowing the infinite to reveal more, thus you will become increasingly free.

At this point, you will naturally give up trying other directions and concentrate all your vitality in one direction, leaving only one goal: freedom. This completes the first step and you will naturally fall into the next five steps.

[2020.10.23 Release is not related to physical sensations; release is the release of psychological feelings.]
A Beautiful Life: If you release the feeling of hunger, do you no longer need to eat?

The Wind (Feng 风) : It doesn't release the feeling of hunger; the feeling of hunger is a physical sensation, and that's already the result.

You need to release its cause: psychological feelings, and the desire to control and identify with them, and the "fear of death" that drives the desire to control and identify with them.

The desire to live is the fear of death, a word Lester Levenson (The Sedona Method) frequently used.

Hunger is a physical sensation; it's already an expression, a result. When you release the urge to control it, you can turn off the feeling of hunger at any time.

Again, bodily sensations are a result, which is already an expression.

Therefore, I've noticed that many people try to release bodily sensations, but this isn't true release method. True release method releases the feeling, the emotion, and the reason that drives that emotion—the underlying wanting / desire (craving/attachment and aversion).

Once you release these causal aspects, your physical experience of the consequences will change.

If you focus on the outcome—on releasing your bodily sensations—you will encounter many difficulties because you cannot change your posture by smashing the person in the mirror.

If you want to change the pain in your body, release the desire to change (control).

There's no need to release the body's pain; it's a result. If you release control over it, it will be corrected immediately.

When you release your fear of death, painful physical sensations will come out, but the focus is not on releasing those physical sensations, but on your emotions and basic desires related to them.

(Wind’s quoted a dialogue from The Way Part 1)

Student: Once when I was doing a release therapy for my fear of death, I experienced some very heavy physical pain, so I must have done something wrong, but it took me a long time to get it right.

Lester Levenson (The Sedona Method) : You didn't release it; instead, you expressed it in your body, and you're leading your body toward death. Pain points to death. So, you didn't release it; you just let it manifest in your body.

A Beautiful Life: Will illnesses disappear automatically once control is released?

Wind: Once all psychological feelings about it are released, they will not be expressed in the body.

Pain is actually the physical manifestation of the fear of death. In other words, if you suppress your fear of death, it will manifest in your body, creating painful physical sensations. But if you release your fear of death, it will dissipate. Therefore, do not do anything outside of these six steps.

Beyond the desire for control and validation, and the subsequent emergence of a fear of death...

Beyond fear, you don't need to release anything else, because everything is a result of the three of them.

Before the release of identification and control is complete, the fear of death may occasionally surface, but not frequently.

[Note: Lester Levenson (The Sedona Method) says that as long as you continuously release the desire for identification and control, the fear of death (the desire for safety/survival) will automatically surface and be released. Therefore, releasing the desire for safety is not mentioned in the six steps.]

[October 22, 2020: What needs to be released is the "cause," not the "result."]
Wind: Physical sensations are already an "expression".

The first thing repressed is the fear of death, which then develops into the desire to identify. The desire to identify develops into the desire to control, and the desire to identify and the desire to control develop into nine emotional states.

The nine emotional states develop into many subtle feelings, and feelings develop into all thoughts. Thoughts are projected outwards into your material world, which includes your body. Therefore, the body and the entire material world are your "creations," a result of the mind’s projection.

When you release something, you release the emotions and desires that are the cause, and the desire to survive (fear of death) is the reason for wanting to identify with and control it.

All feelings are survival programs. What you release is the feeling, not the physical sensation that has already been expressed as a result in the body.

When you release your emotions, the physical sensations of your illness will also dissipate, because your body is simply an exact copy of your astral body.

The course uses only two days to familiarize newcomers with releasing emotions, and the emotion chart helps you identify your emotions. Because many people cannot identify their current emotions beyond physical sensations, they need the chart's assistance, and you can quickly transition to the stage of releasing desires (wants).

The true purpose of the release method is to directly release the desire for recognition, control, and even the desire to survive (fear of death), and to clear away the underlying drive.

The desire to control and conform is a way of limiting your feelings, but sometimes we're foolish enough to prefer restriction to freedom. Sometimes you get stuck precisely because you're unwilling to release them; you just want them.

When you realize that the desire to control and identify (for approval) with limits your happiness, you crave freedom even more.

—Wind, October 18, 2020

2020.12.12

"Chat"

"Chat"

[October 23, 2020: Desire for safety → Desire for recognition → Desire for control]
Wind: **The desire to change is a form of control.**

If you really dislike something, you want to change it; if you really like something, you want to maintain it, you want to possess it. Both are forms of control. The specific explanation for wanting control is "you want the world to behave the way you want it to."

The desire to control is the most superficial desire.

Why do you want to possess this, to change that? Because you want recognition. Why do you want recognition? **Because you want security. You feel that if others recognize or approve**

or accept you, you can survive. The deepest desire is for security and survival. The desire for survival leads to the desire for recognition and the desire for control. The desire for recognition and the desire for control lead to agflap.

[2020.10.18]
Wind: Control is a good thing, but wanting to control is not. Wanting equals lack; wanting to control is a feeling of lack regarding control.

[2020.10.18]
Wind: Continuously release the desire for control and identification with what you want to achieve, and then you will achieve what you want to do.

[December 16, 2020: **After releasing all feelings, there is a peace that transcends everything.]**
Happy Times: What is it like to release control over your body? Are there any warning signs before this happens?

Wind: Releasing control over the body?

Happy times: Releasing control over all feelings.

Wind: Has it released all feelings?

Happy times: Hmm.

Wind: **A tranquility that transcends all things, an indescribable, imperturbable, absolute stillness that no one or nothing can disturb.**

Lester Levenson (The Sedona Method) says that in Sanskrit it's called Nirvana. It's the brief access you can have to temporarily quiet your mind through any method. This is what yoga science calls Sabikapa Samadhi.

However, in Sabikapa Samadhi, the power of the seeds still exists, and therefore can be lost. But when you reach Nirbikapa Samadhi, all the seeds lose their effect. At this point, you still have residual karma, but it's only a matter of time before you eliminate it.

Some masters choose to retain their remaining karma for a longer period of time so that they can continuously return to the world to help more people, while others achieve Paramukta, becoming Siddhartha Buddha (a perfect being) and directly merging into the infinite.

Xu Tao: Is this knowledge or just knowing?

Wind: For you, it is knowledge.

Happy Times: I don't understand anything else. Just keep moving forward and keep releasing, right?

Wind: Yes, follow the six steps.

In the six steps of Nabikapa Samadhi, this is merely the complete attainment of the first step. The work has only just begun, and you will fall into the last five steps.

Every choice and decision you make naturally tends toward freedom, because the seed no longer works, which means that the direction toward the world no longer works, and the direction is completely toward freedom.

Hong: Does resigning count as such?

Wind: No, it has nothing to do with any action. It's simply that you've discovered what Lester Levenson (The Sedona Method) called "the only source of happiness," and when you do, you can turn around. At the complete reversal of direction, you enter what's called Nabikkapa Samadhi. The seed loses its function, meaning the world's direction completely loses its function.

Qingxi: Do I need to put down my work and leave the crowd? I feel that my mind is active when I'm in a crowd and interacting with people.

Wind: Do you want to suppress those active minds?

Hong: I hate dealing with people, the world, and interpersonal relationships, and I really want to live a secluded life on my own.

Wind: That's "disgust for the world".

Qingxi: Right now, we need to release these active minds, but if we release them completely, will the final outcome be as mentioned above? Leaving the crowd?

Wind: **It depends on your choice. Disgust for the world is not the same as wanting freedom. You need to understand that. Disgust and craving come in pairs. If you have a craving for the world, you will also have disgust (aversion, hatred). I've found that many people mistake "disgust for the world" for wanting freedom.**

Qingxi: Oh, so when you're truly free, there's no difference between being part of the crowd and being apart from it? No difference at all, is that right?

Wind: **The eternal tranquility that exists infinitely will not be disturbed.**

Suppressed feelings continuously drive our subconscious thoughts. The mind is only creative; every thought will manifest, whether you look at it or not.

Subconscious thoughts are simply those thoughts that we don't look at now; we program them and let them operate automatically in the background.

Therefore, suppressed feelings are still your feelings, and they will still drive those thoughts you don't want to see to operate automatically in your subconscious. So don't suppress your feelings, release them.

—Wind, October 22, 2020

[October 15, 2020: In daily life, whenever we use our bodies/sensors, we can become aware of the desires behind them and release them.]
Note: The third step is a great reminder of our daily release. Behind every movement of the body, every action of the body, every sudden event, every thought or emotion, **there are always two processes at work: "wanting to control" and "wanting to be recognized".**

Seeing that all feelings stem from two desires—to discover them at any time and to release them at any time—is crucial. How can we better practice this in our daily lives? The following sharing may offer some inspiration.

Wind (Feng) : I had an even deeper experience yesterday, and after thinking about it for a bit, I decided to share it.

It happened when I was crossing the street to buy water and food. I found myself instinctively defensive, and on a more subtle level, I saw my desire to control myself, so I let it go.

After releasing the pent-up energy for more than ten minutes, I naturally closed my eyes and was guided step by step by an inner "knowledge" as I walked home.

This kind of knowledge is not sight, not hearing, not anything in the senses, but it is more comprehensive than sight and hearing. It is a firm awareness, step by step, without hesitation or doubt.

Is the preciousness of the rest of one's life a form of trust?

Wind: If you're talking about trust, there's a duality involved, but the feeling isn't separate. It's a series of "knowings" happening one after another. I know I'm going this way, and I know where I'm going next.

I am still releasing today because I was working with my eyes again this morning, but I discovered that I can work with awareness.

It's about half and half now. Sometimes I habitually work with my eyes, but once I become aware of it, I release the urge to see and control, and then I'm able to return to working with awareness.

I am Infinite: You're still working, not in seclusion?

Feng: By "work," I mean seeing the road, seeing things, like brushing your teeth and washing your face. The problem here is that these are things you really want to control. When you delve deeper, you come into contact with, and even see, my internal organs consciously functioning. But these things don't need to be considered at first. When I released some of my fear of death, I found that control over my body itself became apparent.

For example, a simple sitting posture like this requires energy and the ability to control. Maintaining the body also requires the desire to control.

Purple: Is it because the mind believes that if it doesn't control itself, it will die, and because it's afraid of dying, it wants to control itself?

Wind: Yes, at the very bottom, it's about survival. It will become clearer as it's released. My biggest problem right now is that it's easy to stop releasing; I have to keep using it.

Remind yourself of these six steps, or you will enter a state of awareness where everything around you feels perfect and harmonious.

Whenever this happens, remind yourself of the first step, because stopping is also a way of taking control.

Stars: Wind, through release, have you become calm, peaceful, and comfortable? The purpose of release is to rediscover our peaceful nature, right? It's not about releasing for the sake of releasing, or maintaining a constant posture of releasing. If you're already at peace, why force yourself to release? It's precisely because you're not at peace that you need to release.

Wind: With each release, you feel higher; the previous peace was only relative. It's just that once you reach a comfortable stage, you lack motivation. Previously, because you were living in pain, you had a strong motivation to release.

Later, it becomes necessary to strengthen the first step: releasing for the sake of Freedom. Lester Levenson (The Sedona Method) has an audio program called "Get High to Release" that specifically criticizes this approach, arguing that it will never reach the end because it's releasing for the sake of feeling good.

When you feel good, you stop. When you stop, you're suppressing yourself, and survival mechanisms develop. You're either moving towards freedom or towards restriction.

Therefore, Lester Levenson (The Sedona Method) emphasizes continuing to let go when you feel good. Go higher and higher when you're already high, and don't stop at this perfect, harmonious feeling.

Go listen to the article "Get High to Release," and you'll understand. You don't have to wait to go down before releasing; get high to release.

If you feel at peace, release that "peace," and you'll feel even better. Give it a try.

Maintaining this comfort also means wanting control.

If you don't release, you're suppressing; there's no such thing as stillness. If you're not moving forward, you're moving backward. If you're not undoing your mind, making it quieter, then your mind is becoming noisier. Therefore, keep releasing until you reach the end, make it constant—that's the fourth step.

Survival programs are your feelings; feelings drive all thoughts / thinking / ruminating. If you suppress them, you hide them; if you don't suppress them, they are released.

Once you've released all your feelings, which is the survival process, everything is over, and you're free.

There isn't a specific point in the middle where you need to stop, so when a student asked him what to do, Lester Levenson (The Sedona Method) said in the audio, "You stopped. There is no stop in the six steps."

(The following is a live translation of a line from Lester Levenson (The Sedona Method) ’s "Get High to Release" for everyone to enjoy.)

How many people release themselves just to feel good? How long are you going to wait? That's your problem; you're not doing it.

What are you doing? You only want to stay in the good feeling, so you only release the bad feeling after you feel bad in order to continue to get the good feeling, because there is only one good feeling, which is the feeling after release.

After a while, you feel bad again, so you release it to feel good, and this cycle repeats, prolonging the whole process.

If the purpose of release is freedom, a few months are enough to clear out all the mess. If the purpose of release is to escape a predicament, then it will be an extremely long process.

(Note: The article **Lester Levenson (The Sedona Method) "Get High to Release**" is a very helpful reminder. Below are some other excerpts from the article. Thanks to the translator Roller.)

At first, you had no choice; you were trapped in a state of heaviness and pain. You needed the motivation to escape from hell to find release. But now you have progressed and risen; that should be in the past.

The reason for liberation should be the pursuit of freedom. The highest, best, and most wonderful feeling and state you can attain is complete freedom. Do you believe it?

Okay, then why don't you go all out to reach the highest state and achieve freedom? It's because you've been clinging to this heavy state—"self".

The reason you can't get out of trouble quickly is that you feel good after releasing, which causes you to stop releasing once you've achieved your goal. If you release for freedom, you won't stop. You'll cherish every opportunity you have to gain freedom. Every dip is a great opportunity for you; every downturn is a fantastic chance to release and rise.

You haven't followed the subsequent steps of these six steps because you missed the first one—wanting freedom. Instead, you want to satisfy yourself, to satisfy your sense of self.

You don't want freedom, which is why none of you have finished the journey yet.

By chasing after the beautiful states of the external world, for every bit of happiness you gain, you will also gain a bit of pain. If you look closely, this is so obvious.

Every day proves to you that your happiness doesn't come from satisfying your mind; you won't win! Every bit of happiness you achieve through satisfying your body-mind comes with immense suffering! Every thought carries a certain amount of pain. Why? Because it pulls your attention away from your own existence. When your mind is at peace, you will be in the most beautiful place.

Therefore, I suggest you wake up from reality. Release when you're high. Write this in capital letters in your notebook: RELEASE WHEN HIGH. GO HIGH TO RELEASE.

All the suppressed energy is now trying to burst out, and you're trying to suppress it. Stop holding it down; it will release itself completely, it will all come out immediately. Suppressing it is maintaining your own ego.

The sense of self encompasses all likes and dislikes, all thoughts. You must shift your attention away from it and focus on existence.

Release when you're high. The higher our state, the closer we are to our true self.

Peak performance and tranquility are the same thing.

When you're high, you're full of energy. When you're feeling hopeless and pessimistic, you have very little motivation.

Up here, your motivation and energy can reach their peak. Therefore, enter this area and then dig into your fear of death.

Going down will only trap you further, preventing you from letting go. Going up allows you to confront the fear of death. And when you release most of that fear, you can release the rest relatively easily. Go and release it.

If I had said these things to you some time ago, it would have been meaningless, because you were so caught up in AGFLAP that you couldn't see anything else. All you saw was AGFLAP.

But each of us has entered this realm, knows how we feel, can immerse ourselves in it, and then delve deeper to confront the fear of death, insecurity, and the fear of life.

In this way, you will be free from all fear.

Fear is unnatural. What is there to fear in eternal life, especially the fear of death? So, start here, focus on this. Feel high, then dig into your fear of death and release it.

The mind must be quiet before you can acknowledge your own existence; this is the ultimate state.

This is what I want to tell you today. Get out of the pit, rise, and complete the process! It only takes a few months or less. If you achieve the first step—wanting freedom more than wanting self-fulfillment—then the other steps will follow, and you'll be consistently implementing all six steps.

This is incredibly exhilarating because you rise higher and higher until you can't go any higher, nowhere to go—you are everywhere in the universe, you are infinite. Simply put, you will accept your own existence, "I am-ness." Then, you will see the whole truth. Only my existence. Everything else is imagination, a fantasy.

So I say, let go. Remember this: Go high and release.

Of course, if you're in a low point, release to rise, so you can release more deeply. Don't stay there; keep moving from there to higher places.

Don't stop, keep going up, use the highs to release yourself until you have nowhere to go; you are all over the universe.

"Chat" "Chat"

(Note: Regarding "don't stop releasing when you reach a good state," here's a clip from Wind/Feng's post on September 20, 2020, to remind us. At that time, Wind hadn't yet entered an optimal phase for sustained release, but Wind quickly made a breakthrough a week later.)

Wind: I remember about two years ago, that was my peak period. I think I was probably in the CAP feeling state most of the time, but I knew there was still a lot of garbage below that hadn't been released, and I didn't want to look at that.

I stopped for a very long time afterward, just because I didn't want to let go. I still couldn't make a decision to go all the way to the end, wanting to stay in that wonderful state, and then soon those negative emotions came back.

After stopping the release, this relatively good state only lasted a few months before returning to its original state, and my mind became very noisy again.

But I'm feeling really bad right now because I've been in a relatively high state before, so after falling down, I'm suffering every day and it's very painful.

To use a crude analogy, it's like pigs in a sty. Once they've eaten fresh food, they no longer find swill delicious. Eating swill again is much more unpleasant than when they didn't know there was fresh food.

I always stop, but I do realize that the mind is a garbage dump. It would be so miserable to live your whole life inside your mind, with the same desires and reactions coming and going, so formulaic.

[October 18, 2020: By releasing what you want, you obtain everything you desire]
Note: When we say "gaining everything simply through liberation," we often think of things like money, an item, regaining health, learning a foreign language, acquiring a skill, or gaining a superpower, etc.

In fact, "everything" does not just refer to a specific goal. You can amplify your awareness of "everything" in any matter, big or small, because we actually have something we want to do every moment, such as simply raising an arm or turning off a light.

Can we effortlessly raise our arms automatically by releasing them? The following dialogue, where Feng guides group members to release their emotions, might inspire you to "get everything you want through release."

JianWang: Wind, Lester Levenson (The Sedona Method) used raising his hand to illustrate "get everything by releasing only," could you please demonstrate that?

Wind: Do you want to try? You can try right now. What do you want to achieve? What's the next thing you want to do?

JianWang: For example, "raise your hand".

Wind: Hmm, can you tell if this is an attempt to control or an attempt to gain approval?

JianWang: Control.

Wind: Did you let it go?

JianWang: Yes.

Wind: Is there anything else?

JianWang: There's more.

The Wind (Feng 风) : Noticed more. Has it left?

JianWang: More detailed ones have emerged.

Wind: **Hmm, as you keep releasing them, do you see that as you release them, you become less and less of an "actor" (note: doer or sense of doership)?**

JianWang: Gradually, the force of raising his hand became stronger and stronger, and then he raised it naturally.

Wind: **That's it. You do everything by releasing. That's getting and doing <u>everything</u> by releasing only. Literally.**

JianWang: Every move is "controlled".

[September 21, 2020: How to Release on Goals or Targets]
Wind: Regarding goals, the fourth video explains it like this: Write down your goal (in the present tense), then look at your goal...

Release your first feeling about the goal. Okay, that's it, it's that simple.

Once you've released your initial feeling, look at your goal again and release that initial feeling again, until you feel that your goal has been achieved—note the emphasis on "achieved."

Actually, I have already reiterated almost everything above. The rest is just repeated guidance. The original release method is really simple.

I used to set goals and then let them slip away many times, but now I rarely set goals because I've realized there's nothing I truly want.

Let me share my experience with goals. "Setting goals is a way to continuously release emotions. When you look at a goal, as long as you don't deceive yourself, a lot of feelings like 'impossible' will emerge. Of course, there will also be some anger, frustration, sadness, and so on. A wide variety of emotions. Release them one by one according to the process. After releasing them, there is a clear and certain feeling, 'knowing' that it is mine."

It involves looking at the goal, releasing each emotion that arises, and then checking if the goal has reached the "achieved" state. If not, it must be a desire for control and validation (emotionally, feelings of powerlessness, greed, anger, fear, etc.). Then release the topmost feeling, one by one, until everything is cleared.

My personal experience is that if you continue like this, you will reach a state where you are confident that you can achieve your goal. But this state is not good. It will be a a state of pride, arrogance and fearlessness. This state still needs to be released.

I've tested the goal process many times. Generally speaking, beneath the emotion of "I believe it will definitely be achieved" lie many subconscious emotions, and many more will emerge after being released.

What does it feel like to truly release your true goal? It's that moment when you "know" (without thinking, without believing) that the goal is already yours, very clearly and confidently, as if it's right in front of you. At this point, you won't want to do anything to get it, because you're completely certain it's already yours. At this point, I usually stop thinking about it and do other things, and then it comes naturally.

This goal-oriented process is almost always effective and can be started with small things. Lester Levenson (The Sedona Method) says that if you can't be a winner, that sense of frustration will stay with you.

Therefore, once you set a goal, you must achieve it. So don't set it too high at the beginning, lest it become daunting; instead, accumulate and release momentum by achieving small goals. Write down what you've learned with each success; this will help you become more adept at using the goal-setting process.

I am infinite: I have not truly achieved anything through release.

Feng: Me too. After listening to Lester Levenson (The Sedona Method) 's audio, I realized I had a limiting idea: "I can't release a goal until it is achieved."

This is accompanied by past frustrations. Lester Levenson (The Sedona Method) said this in the "Winner" video: "You have to be a winner, even if it's just to trigger subconscious resentment." That feeling of "frustration," that "I can't," shouldn't be kept subconscious.

Because I noticed that at the beginning of the release process, everyone was ambitious and eager to achieve their goals. This led to the idea that "being too fixated on the goal can easily hinder the release process." Haven't most people had this thought?

Later I realized that this limiting concept was wrong. What you were actually saying was, "I can't achieve my goal," and "I can't" is a form of frustration, apathy. Individuals invent many limiting statements during the learning process, but Lester Levenson (The Sedona Method) never mentioned any of them. Therefore, in later audio recordings, I saw Lester Levenson (The Sedona Method) frequently correcting students' limiting statements.

The idea that "goals will prevent you from releasing" is not actually true. It is your sense of frustration (feeling powerless) that is preventing you from releasing.

Goal setting is part of the Sedona method process, and its true purpose is to elicit your hidden emotions and basic desires (to be released).

A person who truly experiences perfection and desirelessness is, of course, another matter, but if you avoid the goals or want these things when you try to release them, you are not releasing them, but rather you don't want to see them and **suppress them deeper**.

Lester Levenson (The Sedona Method) 's release method has developed into a very practical, step-by-step system, introducing several tools you might use. **The purpose of the goal tool is to bring your suppressed feelings to the surface. After you gradually change this habit and release the frustration associated with goals, you won't need to specifically set goals anymore, but it's important to "change your inability to become your ability."**

Look at the emotions behind your goal, tracing them back to the desire for control and validation. Simply let it surface, let it go, and repeat this process. These processes are designed to help you continuously release tension.

The so-called goal process is a way to evoke repressed emotions and desires in the subconscious. If you are already in a very distressing emotional state, and it is very obvious, then you don't need to perform the goal process yet; just release what you can perceive.

Just let go; metaphysical discussions and intellectual discourse aren't very helpful. Letting go allows you to clearly understand what's going on. I mean intellectual problems—those that are

just trying to fill your knowledge gaps with a theoretical framework. **In the complete system of liberation, all problems can be solved through letting go.**

To address metaphysical discussions, we should say this: No matter how many definitions we give to "truth," it is not truth itself. To release it and then experience it personally is far more useful than to discuss it a thousand times with the mind.

[December 2020: Set a release timeframe of no more than two weeks for the goals/target]
Wind: Set a goal that lasts one or two weeks. Goals that take too long will make you lose motivation and you'll actually be procrastinating.

The feeling of impossibility is when you are in an AGFLAP emotional state, which is driven by a desire for control, as well as a desire for validation and security.

Achieving a very small goal takes no more than ten minutes. Achieving a moderate goal takes about half a day. How long does it take to achieve a large goal that you consider difficult? I think it takes no more than a week.

If you can't do it in a week, it means you haven't truly applied the six steps.

So, don't joke around with yourself. Easy or impossible. Do you understand this concept?

In an era of interconnected everything, there are only two choices: either simplicity or an unavoidable third option.

Wind: Hmm.

Cynthia: The kind of release you're talking about is continuous release, right? If you achieve a difficult goal in a week, then this week should be a continuous and uninterrupted release, right?

Wind: Continuity is key.

[November 23, 2020: Releasing feelings of frustration after failing to meet a goal by the deadline]
Wind: A major purpose of setting goals is to bring out these suppressed feelings of frustration.

Therefore, I even suggest that when you fail to meet the deadline, write "failure" to release the pent-up frustration.

You cannot succeed by suppressing those opposing processes in your subconscious. It's simply impossible to achieve success without internal programs opposing it; that's all.

Previously, you couldn't see the repressed feeling of frustrations you kept in your subconscious, but now you can. Therefore, it's good to bring these frustrations to the surface through goal

setting. When frustrations surface, you can decide to release them or suppress them. I decided to release them, to be smart.

If you don't draw it out and release it, you'll never have the ability to achieve your goals. So even if you resist it, set goals—it's that simple.

If you avoid looking at it, it will stay inside and continue operating.

[2021.1.3]
Achieve your goal first; otherwise, it will be difficult for you to make the decision to pursue freedom.

[November 24, 2020: A failed goal can be released as a new goal.]
Wind: (If the goal is not achieved by the deadline), then write down the failure and release the feeling of frustration.

Set a new goal, or it can be the same goal, but treat it with the same attitude as if it were the first time you faced it. Otherwise, you will give up and procrastinate.

[November 24, 2020: To what extent should you release your feelings about your goal? — Release them until you feel that the goal has been achieved, that you are very clear and certain, and that you are completely certain that it is mine.]
Wind: Give it your all, let's achieve a goal first.

Go All The Way: Right now I'm completely despondent and don't want to do anything (laughs), I'm just thinking of putting it off and letting it all out tonight, but not now.

Wind: (laughs)

Go All The Way: I used to be able to relax without feeling sleepy, but I was extremely sleepy on the first day of my retreat.

Wind: Do you know why?

Go All The Way: Why?

Wind: Because you're forcing yourself to release (laughs). When you force yourself, your mind rebels, and the way it rebels is by getting sleepy. That's how it is when you try to make a big, serious release. If you insist on putting on a "ready, I'm about to release" posture, of course your mind will rebel.

I am infinity: For example, if my target is a pot, I can accept 500 yuan, if that's not possible, ten yuan, or even one yuan.

I am Infinite: I don't think I feel very frustrated, and it's easy for me to release that feeling.

Wind: It's not that you're used to it, is it?

Bethlehem Star: Giving up is just escapism. As long as I escape, I won't experience the pain of failure. Failure cannot become a habit.

The feeling of complete release is that you fully know it's yours. Then you naturally let it go, your mind no longer revolves around it, and then it comes. You will see and taste what you want at this moment because you are absolutely certain you already possess it. So you will no longer have expectations because you have already received it, and you will naturally enjoy it and then let it go.

The feeling of complete release from a goal is not that you believe it will come in the future, but that you see it as yours right now, and you know it is yours. That is true release.

I suspect most people haven't experienced this complete release from their goals. He'll "know" he already has a problem, without any doubt, because he already knows.

[November 24, 2020: Goal release should continue until there is a clear understanding that the goal has been fully achieved "now".]
Wind: How do you feel when you think about owning a car? Even though you're not looking at it right now, you're absolutely certain that it's yours.

Yitian: When the mind no longer revolves around it, is that true letting go?

Wind: The mind here no longer revolves around its meaning; there is no hook. Even if you consciously think about it now, you will immediately realize, "Oh, it's already there," and then you will naturally let it go.

Only when you release your goal to this extent do you become proactive. You're not pitifully releasing it while looking around and wondering, "Has God given me this? Have I fully surrendered?", but rather releasing it until it falls onto your knees.

Bethlehem Star: You must be proactive, not wait.

Feng (Wind): It's like this: suppose you have a girlfriend. You wake up every day and don't see her, but you know she's your girlfriend. So every time I ask, "Have you achieved your goal?", I'm not just asking if the physical result has arrived; I'm asking if your goal has been fully realized? Do you have a clear understanding of it?

Roller: If there is even a trace of doubt or uncertainty, it is incomplete.

Wind: Well, first you have to have the intention, then release all your feelings about it, and you will get it.

I am Infinite: I feel it will come, but I don't think it will come now; it will be delayed for a few days.

Wind: That's not right. Star of Bethlehem: It has to be now. Wherever you are, it has to be done now.

Wind: Your mind is keeping it in the future. I'll tell you why. Because the mind doesn't distinguish between tenses; the mind thinks in the form of images.

Because the mind thinks in the form of images, when you say "it will come," the image that comes to mind is "it will not come."

You must release it to the point that it "already exists" before it will manifest in the material world.

Bethlehem Star: So it's either yes or no. You explained it clearly enough this time; I didn't fully understand before.

Wind: The mind thinks only in the form of images, and creation occurs in beams of light, in the form of frames of images, so our world screen appears continuous.

[November 24, 2020: The goal is to evoke your disgust for the world]
Bethlehem Star: We just released a lot of things, control and identification. I think we must release things for the sake of freedom, not just to make life better.

Roller: Yes, it's easy to stop trying to make life a little better.

Bethlehem Star: We set out to achieve our goals, whether it's a girlfriend, money, or a pot, not just to have a better life, because that's not enough; it's truly for freedom. Trying to make life a little better only complicates things and definitely takes much more time.

Wind: **The goal is to evoke your disgust for the world. What's so good about the material world? What's so good about this car? (laughs) Nothing in the material world is particularly good.**

Bethlehem Star: Exactly, there's nothing good about it. Lester Levenson (The Sedona Method) stayed not because it's great here, but to elevate everyone to his level.

Roller: Let's transcend the material world first.

Bethlehem Star: That's a must (laughs), otherwise it's just empty talk.

Roller: I see many of my friends indulging in a life of luxury and excess.

Wind: But you still have to achieve your goal; the desire for freedom shouldn't be based on a hatred of the world.

Bethlehem Star: Yes, we must master this world.

Roller: Yeah, you have to be a winner, or the world will keep pushing you along.

Bethlehem Star: So our goal must be achieved, as the spoils of freedom.

Roller: It has to happen. My knees can take it.

Bethlehem Star: Wind, even if you get very things by releasing, you don't need more than 3 months, right?

Wind: As long as you're on the six-step process. Getting everything by releasing only is a great way to operate the six-step process.

Roller:bravo, after all, is Lester Levenson (The Sedona Method) ’s favorite teaching.

Bethlehem Star: Yes, yes, you will keep trying to achieve it.

Wind: Lester Levenson (The Sedona Method) said it's because you always have desires, you want this, you want that. You won't stop, so you won't stop releasing.

Roller: I also want to learn to play the piano, to learn to play Joe Hisaishi's music. There are so many things I want, and I've gotten them all through letting go.

Bethlehem Star: I think the method of releasing goals is best suited for us.

Roller: Yes, that's how you get motivated to release. Otherwise, you'll just keep wanting to feel good.

Bethlehem Star: Otherwise, you'll just have to accept being a loser. That's the worst thing you can do—we can do it, but we choose to be losers.

Wind: The process of releasing a goal to its full realization is wonderful. (laughs) Bethlehem Star: Then let's experience it. (laughs)

Wind: You just release, release, watching it become clearer little by little, watching all the impossibilities vanish into thin air.

[March 11, 2020: Pay attention to external validation; when genuine internal change occurs, external changes will inevitably follow.]
Wind: In addition, I want to emphasize something that is completely different from what the spiritual community in the world is telling you: you should value external validation.

The first step is to master the world, and then, to master the mind.

If you feel good right now, but feel powerless over the world, then your subconscious is repressing those AGFLAP. Therefore, Lester Levenson (The Sedona Method) 's teachings emphasized the importance of external confirmation. This is something almost all of his later students have forgotten.

Big Yellow Cat: What is external confirmation? I still don't quite understand.

Wind: Think about it, and it happens. With an effortless thought, things appear, just like in a dream.

Release, don't compromise.

The first step to freedom is to take control of the world, and then you release your attachment and resentment towards it. But if you can't do that, if you hide "I can't" in your subconscious, you can't be free; you must be a victor.

This was a point that Lester Levenson (The Sedona Method) and his students repeatedly emphasized, but most of his students compromised.

The reason I emphasize the importance of external validation is that many people mistake a superficially positive feeling for freedom. Their world hasn't changed because their subconscious still holds onto those images.

A person who truly changes their mindset will inevitably change their world, because what is the world? The world is merely a projection of your thoughts.

Regarding Goal release

Feng Tan's Six Steps: Step 4
Step 4: Continuous release.

[October 18, 2020: Continuous release, without stopping]

Wind: The fourth step is continuous release. Continuous means sustained. You do it the first time, then you can do it a second, a third, a fourth... until you finally achieve freedom.

Lester Levenson (The Sedona Method) said, "There is no stop in the six steps," meaning there isn't a single "stop" in the six steps. "Continue" simply means to persist.

[2020.10.24 Continue to release it, making it a normal part of life, like breathing]
Wind: Let me explain the fourth step, make release constant.

Because up until now, repression has been the norm for you.

So you ask, "Does this need to be released? Does that need to be released?" Do you need to ask, "Do I need to breathe?" Why don't you ask, "Do I need to suppress this?"

Because repression is your normal state, releasing it has become abnormal. You need to make releasing it a constant state, like breathing.

Breathing wasn't automatic at first, and so were your internal organs. Initially, you were consciously operating them, but later you handed them over to the program to operate automatically.

You don't necessarily have to do nothing, but you can't stop releasing energy. Once you stop, it's like an airplane taking off and then stopping; you need to get it running again.

As Lester Levenson (The Sedona Method) said, make release a constant, let it become your new habit.

First, use all the time you can to release yourself. Then you'll find that you don't need to "do anything"; things will happen naturally. You watch your body move, so you can keep releasing without being distracted by manually operating your body.

Release is letting feelings surface and leave. After releasing once, new feelings arise, so you release a second time—this is called continuous release. If you don't let the feelings leave but suppress them, this is called stopping—it's very simple.

You can tell for yourself whether it's being released continuously.

[November 28, 2020: Releasing again and again, letting feelings rise and fall continuously throughout the day]
Wind: So-called continuous release means you release it once, then release it again, and then release it again. It's the same with being stuck. Every time you're stuck, you want to control it, so you release what you want to control. Treat each time you're stuck as if it were the first time and release it.

If you consistently release in this way, and reach a stage where you spend more than 50% of your time releasing, you will find that it surpasses the habit of repression.

When it becomes your new habit, you'll find that releasing is as natural as breathing. This "as natural as breathing" is just a metaphor; it doesn't mean you should release with every breath.

Lester Levenson (The Sedona Method) describes it this way: even when you're with others, you can continuously release yourself all day long. You've probably all experienced the state where it comes up and floats out, comes up and floats out. You must reach that point, do that.

Really, there's so much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of it, a continuous release, look at the six steps. You have to keep the release going. Keep letting the feeling rise and go all day long. You become aware of a feeling and release it. It's a bit like sitting and watching it, watching it unfold.

It comes up and floats up. It comes up and floats up, it won't stop.

[October 23, 2020: Release your feelings, and then release them again. When releasing feelings becomes the norm, feelings will rise and fall like waves.]
Zaiyan: Wind, do you usually release it like breathing? Do you still need to ask yourself questions like "Can I let it go?" Or do you just release it directly? Is your usual release like you're always in a relaxed state?

Wind: In the second week, feelings will keep emerging and then leave, like waves.

But when I pause, a quick glance at the six steps immediately tells me where I went wrong, and the release proceeds instantly. The process hasn't changed; it's just become more straightforward with fewer steps.

I felt myself constantly on the six steps, and these six steps formed a huge driving force that kept the release going. Insights occurred frequently, and at these times you might get carried away by them, but as long as you continue to remind yourself of the six steps, the release will continue, reaching even higher peaks.

Susan: Do I not need to specifically recall something to evoke emotions?

Wind: No need. Anything not in the six steps is unnecessary. Notice that the third step is "All feelings want to control and identify; release them." "All feelings" means all feelings. You definitely have feelings right now, and they definitely want to control and identify; you can definitely release them.

You can use this method anytime; it's very simple. Just follow the six steps.

Third, at this moment, do you feel a desire to control or a desire to accept? Release them. Fourth, continue releasing them, making it a regular occurrence.

When you release something, your feelings rise, and then new feelings emerge. Are they still feelings?

Of course it is.

Does it still crave control and validation? Of course it does. Therefore, you can continue to let go.

Release it again, and your feelings will rise again. The feelings that emerge are still a desire for control and validation, and you can release them again through the process—it's that simple.

"Chat"

"Chat"

"Quotes from Wind (Feng) "

—Wind, October 8, 2020

[January 3, 2020: When the habit of releasing outweighs the habit of repressing, sustained release will occur.]
Wenlan: When it releases once per second, or when it releases automatically, does it release automatically as long as there is a feeling, without distinguishing between recognition and control?

Wind: Once you recognize it, you release it. Sometimes it happens so fast that your mind doesn't even have time to comprehend it. When it's being released continuously, the feeling comes out like waves, and you just watch it flow away.

Initially, your habit of repression outweighs your habit of release, requiring repeated practice. Once you make release a regular occurrence, continuous release will happen.

[2020.10.23 The importance of continuous release is like an airplane taking off]
Asagao: Wind, has the amount you've released in the last two weeks exceeded what you've released in the last two years?

Wind: It's not a matter of quantity, it's a matter of inertia. Releasing it is like an airplane taking a run-up.

If you keep running and stopping, you'll never take off. Only by constantly pushing forward can you accelerate to the point where you can fly.

October 22, 2020

"Chat" "Chat" "Chat"

[2020.10.11 Initially, suppressing feelings becomes a habit. By becoming aware of your desires at every moment and continuously releasing them, you can break the habit of suppressing feelings. Release then becomes your inertia, and release becomes the norm.]
Huixuan: Is it that you don't even have time to feel the emotions before they are released?

Wind: That's pretty much it. Desire is fleeting. As the release accelerates, you'll realize that the previous highs were actually very low, and the desire will become immediately apparent.

Huixuan: When emotions are gone and beliefs are gone, there is emptiness. Without desires and wants, life is truly meaningless; the ego wants nothing.

Wind: This can't be imagined with the mind. I wanted to release it all at once, but I just can't sit still anymore. I just went for a run on the bridge, and I have so much excess energy. This must be the huge energy from the release. It wasn't until the last two days that I understood what continuous release meant. Basically, each release brings a very abundant release of energy.

Ju Ting: Are you releasing all the disharmonious energy in your life? Or is it directed at certain people, things, or specific events?

Wind: Three major desires. Because you live in desire all the time, once you give up one, another one comes along, and once you give up one, another one comes along.

Wenmin: I really admire Feng (Wind), and I also want to reach that stage.

Feng: As long as you use the right method, it will work.

ZOEY: After the release, does the frequency and intensity of the emotional desires triggered by external factors change?

Wind: That's not how it works. I'll explain in detail when I get back after my run.

(Then Feng/Wind continued speaking)

Wind: Here's the thing. The world is about identification (approval, love, attention) and control; there's a strong attachment to and aversion to it.

It happens all the time, and I'm caught up in these desires like a fish in water. But if you decide to keep releasing them, letting one go after another, you'll soon find yourself in this ocean of desire.

If you continue this release for several days, you will become very, very peaceful. In this peace, many strong desires will clearly surface. When noticed, they are simply released all at once.

Release becomes the norm because you realize that suppressing it is unnatural, that you've been unconsciously holding it down. This is a deeply ingrained and powerful habit; when you release enough of the desire to control, the habit loses its power and tends to release more naturally.

At a certain point of release, for a fleeting moment, I suddenly felt that my body wasn't me. It was simply moving, but without a sense of self operating within it. But this identification with the body immediately returned, and simultaneously, I realized it was an attempt to control; that desire for control was then released. The following experience...

My intuition told me it wasn't appropriate to talk about it, so I went back to letting it all out.

Yitian: It seems that at the advanced stage, one can release it as soon as one becomes aware of it. But why is it that at the initial stage, even though one becomes aware of it, one cannot release it immediately and has to repeatedly ask questions?

Wind: Just like the analogy I just used: fish that are used to the ocean won't even realize they're in the water. Because the habit of repression is a strong tendency, we need to constantly be aware of it through questioning and make decisions to release it.

But when you reach a point where this deeply ingrained habit has been released, then releasing this natural tendency itself becomes your habit. At this point, it becomes easy for you to make release a regular occurrence, to make it constant.

In Lester Levenson (The Sedona Method) 's words, you just watch the limits float up and float out.

However, before reaching the point where that habit is reversed, you must consciously act on it; otherwise, you will be dominated by the habit. This is the importance of process. The process of releasing desires roughly operates in this way.

[October 14, 2020: Feng shares her experience of continuous release]
Wind: I've been releasing these past few days and have had some experiences that I didn't share the first two days because they might be exerting influence. Now I'll talk about some of them in the hope that they will inspire you.

This is a chat between me and a friend; I've removed his part.

(The following is a chat log shared by Feng/Wind with a friend from October 12th to 13th)

[2020.10.12] I've been releasing energy continuously these past few days, and I've experienced some things. The continuous release definitely brings a strong release of energy, and I did indeed leave my body's center twice. Last night I couldn't sit still anymore, so I ran a few laps on the bridge, and I didn't sleep on the third day. Around the second night, a bit of drowsiness washed over me, and then I released what I wanted to control, and a strange surge of energy welled up.

The power of continuous release is enormous. Freedom is something you really have to experience, so I'm sharing my experience from the past few days. It's quite amazing, so I haven't tried to influence it in the group. Would you like to hear it?

Yesterday, during a release, I felt like I "fell out" of my body; this happened when energy was surging. As I began to move, I realized that I usually try to control my walking. In other words, I expend energy controlling my body's movement. This awareness was quickly released.

Then my perspective suddenly changed.

My body started walking automatically, my arms and legs "floating" along. I didn't know where I was looking at it. This perspective lasted for about two minutes. My first realization was that every movement of my body was tiring; I was actually trying to control each movement. Then, the moment I became aware of it, it was released—this happened after several days of continuous release. Then I understood why each release brought such tremendous energy. Because I had actually been using this energy to suppress myself, which was caused by my own desire for control.

However, I quickly realized this was a significant "insight," and therefore wanted to maintain this "state." The moment I tried to maintain it, I slipped out of it, so it only lasted two minutes. But the experience greatly encouraged me, and I felt even more motivated to release my pent-up emotions.

I'm sharing this experience in the hopes that it will inspire you. (laughs) Keep it up!

[2020.10.13] I've found that when you're really enjoying the release, the form of resistance changes. While releasing becomes easier, the motivation is lacking. I often stay in a great state, enjoying it, but then spontaneously stop after two or three releases. I need to constantly remind myself to continue releasing. I need to think about the word "better"—there are better things ahead, I shouldn't stop here.

A couple of days ago, I released my fear of death, and I found that, as Lester Levenson (The Sedona Method) said, when the fear of death is released, the desire for identification and control also largely dissipates. At the same time, I saw how the world is constructed, for example, our Confucian (Chinese) ethics.

Morality, our Confucian codes of conduct and rules, is ultimately for the purpose of maintaining physical survival.

In our world, why is sacrificing oneself for the survival of others considered noble? Because subconsciously, we prioritize physical survival, thus acknowledging those who sacrifice for the survival of the masses. The entire world is merely a survival process; it equates to control and acceptance.

Yes, I'd known that theoretically for a long time, but seeing it was still quite a shock. For example, when I looked up at the ceiling, it seemed to want control and approval. It was amazing. Because I had feelings for it, those feelings were a desire for control and approval. Apart from my feelings, there was nothing else in the world, nothing out there.

The first step, the desire for freedom, can be consciously increased; you just need to remind yourself. But if you don't remind yourself, you'll forget it easily. Many people wonder why such simple six steps need to be written down, and why the phrase "get everything by releasing only" needs to be included. Why write it down and put it in a prominent place? Because it's really easy to forget. Besides, you inherently possess unlimited energy.

Another thing happened yesterday. I ran from one end of the overpass to the other, and then all the way down, without noticing a car parked in front of me. I was full of energy at that moment, so I reached out and gave it a push, and the car actually moved sideways by a meter. I didn't feel tired at all. It wasn't until I got home that this feeling of being full of energy gradually subsided.

This is different from the feeling of watching it happen, because holding

As Lester Levenson (The Sedona Method) said, continued release does indeed cause the body to release a very powerful amount of energy. It can be overwhelming for the body, so you need to go outside and move around. When I'm active, I'm simply releasing excess energy, and I think I figured out yesterday where this energy comes from. It's always been there; I just usually use it to suppress my feelings. When it's not used to suppress feelings, it tends towards infinity.

The force of my push was probably greater than that of the world's strongest man, but I'm small and lack muscle; our bodies really restrict us. Lester Levenson (The Sedona Method) also said that standing in the center of a nuclear blast, as long as you don't resist, you'll be fine. However, I've experienced the heat; not resisting heat definitely doesn't make you hot. That's simpler; I can try it.

Keep going, make it constant. You don't necessarily need to set aside specific time for it; instead, use all your time to release. In other words, there's no need to wait for a secluded, solitude. Just feel it now, and you can release. We live constantly in desire, like fish in water.

When we become aware of our desire for control and our desire for validation, it's immediately released. Focus on these two desires; it will make things much easier.

[October 14, 2020: The effect of releasing it continuously for several days is far greater than that of intermittent release over many years.]
I am Infinite: You release what you want to control, but what I release is what I want to change, and very little about control. I think the desire to control is made up of a lot of desires to change. What do you think?

Wind: The course is about wanting to control, while Lester Levenson (The Sedona Method) often uses the phrase "wanting to change" when he speaks.

Wanting to change it, wanting to push it away, wanting to grasp it—these are all forms of wanting to control. Wanting to change is a form of wanting to control.

To be more specific, let's say we want to change. Sometimes we want to change, sometimes we want to maintain the status quo; both are expressions of wanting control.

I am Infinite: Yes, you put it very well.

Feng: I've been using the release method on and off for six years, and it's not as effective as using it for a few days straight (laughs). That shows how important consistency is.

I am Infinite: Yes, continuous release will deepen the process, while intermittent release will not.

Feng: I understand what Lester Levenson (The Sedona Method) said in the video: helping others is helping yourself. Some time ago, I translated Lester Levenson (The Sedona Method) 's audio and the 1992 Sedona Method release course. In the process of translation, I was essentially reviewing it myself, and this time I discovered issues that I hadn't noticed even after listening to it many times. This allowed me to continue releasing.

I am Infinite: What is your process of continuously releasing your fear of death like? What are the general methods and procedures?

Wind: The method is very simple. Keep the six steps with you. What are you feeling right now? Do you want to control or want to agree? Can you perceive it? Has it left? Can you still perceive more of the desire to control or agree? Can you make it leave? I used the 1992 release method to release desires.

Each release brings a glimpse of freedom, and then I remind myself of the fourth step: continued release. The method for continued release is to keep examining whether I'm currently seeking control or identification. If I feel unclear about this, I immediately sense that I want to change the situation, which is a desire for control. Recognizing this immediately instills a tendency to let it go.

Of course, there were many situations along the way that made me stop (get stuck). I noticed and reminded myself of step four (continuous release).

If you find yourself straining, trying too hard, or getting stuck, remind yourself of step five (releasing the desire to change).

Later, when intense joy welled up, I lacked the motivation to release it, reminding myself of the first step (what I wanted was True Freedom).

When you don't know what to release, remind yourself of step three (all feelings are about wanting to control or identify with them).

At these times, I immediately sense this desire to control or agree.

Desires come and go, one after another, and the fear of death (the desire to survive), as Lester Levenson (The Sedona Method) said, spontaneously surfaces.

The first release of the fear of death is the most difficult. When the fear first arises, it's like touching a scalding fire—you immediately pull back. I repeatedly tried to control it, and when I touched it again, I released it once more. After that, it became easier. The tendency to avoid death is so strong that we tend to suppress our fear of death deep within. Each time we release the fear of death (the desire to survive), it weakens this habit of avoidance.

I'll finish this first and then share my thoughts. I'm going to take a break now. Good luck everyone, see you later! (laughs)

[October 30, 2020: Sharing the changes in my body and life after continuous release of energy] At first, I did everything by releasing. Later, I cleared away most of the things I wanted to control and identify with, and I began to focus on the fear of death. As a result, I released a lot of the fear of death, and an indescribable sense of security enveloped me.

At this point, as long as I have a thought, things will happen, and I don't even need to consciously release it.

With a few weeks of release, you can do these things.

And I actually don't need sleep or food anymore. I don't need to sleep now; I'm so energetic that I even need to run around on the overpass to release it.

I started my retreat during the first week of releasing energy. As long as you continue to release and identify with what you want to control, your body will have an endless supply of energy. This surge of energy can even be overwhelming, so you need to go for a run to release it. (laughs)

At that point, you will naturally stop sleeping. You don't need to deliberately resist sleep; just use your waking hours to release stress.

Well, if you're not tired, then keep releasing, one time after another. If you feel tired, sleeping won't affect the release.

I'm just stating the point: if you use all your waking hours to do it, you'll progress very quickly. I vaguely remember Lester Levenson (The Sedona Method) saying something like that in an audio recording, if you...

The release you do before you go to sleep continues on a star-like level, even in your dreams.

So, you can sleep; there's no need to deliberately stay awake. When you've released all your energy, you'll naturally stop sleeping. Is that clear enough? (laughs)

Go ahead, and I wish you success. (laughs)

Yes, why not take this method to its fullest potential? It can bring you even greater benefits.

[November 7, 2020: Something happened with just a thought]
Bethlehem Star: You've made great progress these past few days, haven't you? (laughs)

Wind: Have you ever experienced tranquility? It's a feeling of time standing still. I just looked at the descriptions of tranquility on an emotion chart: infinite, eternal, immortal—that's the feeling.

Bethlehem Star: Not yet (laughs). I've only experienced a few seconds of fear of losing my life.

Feng: It was a mistake of me to mistake utter despair for calm.

Bethlehem Star: Hahaha, I've been one for many years.

Wind: Have you experienced tranquility now?

Bethlehem Star: A few seconds, not entirely calm, a preview, and then it dropped to the bottom.

Feng: That should be a huge encouragement. (laughs)

Bethlehem Star: There's one thing I remember every day: that feeling.

Wind: I stayed in many five-star hotels without spending any money.

Bethlehem Star: Hahaha, just like Lester Levenson (The Sedona Method) Levenson. That's quite a successful experience.

Feng: Actually, this isn't the experience that led to this success. Last time, I stopped accepting money and stopped working because I felt strongly that I didn't need money anymore, so I really didn't need money anymore.

Bethlehem Star: You can still do it now, right?

Wind: Well, I've been experiencing something Lester Levenson (The Sedona Method) mentioned about things happening ever since last time. It's become a recurring experience, so I haven't emphasized it.

(Note: In this conversation, Feng also mentioned some transcendent experiences, similar to those Lester Levenson (The Sedona Method) had previously discussed. Because these are not suitable for publication in a publicly available booklet, some of the dialogue has been omitted, and only excerpts are provided. Feng personally witnessed Lester Levenson (The Sedona Method) 's statement that "things happen effortlessly with just a thought," and let us also achieve this state through continuous release.)

But what I'm actually asking is, why don't we go through the whole process and achieve perfect freedom, so that we're free from worries and pain, where we can have everything with just a thought?

One day we will do it, every one of us. Why not now?

—Lester Levenson (The Sedona Method) Levenson

Everything happens effortlessly; simply place a thought in your calm mind, and it will manifest quickly. So why not do it over the next few months?

Be smart.

—Lester Levenson (The Sedona Method) Levenson

[November 24, 2020: Continuous release is achieved through six steps, not through external actions, not through seclusion, or turning off your phone.]
Go All The Way: I still haven't been able to release my pent-up emotions these past two days, and I was especially sleepy on the first day of my retreat.

Feng: That's why I don't recommend others go into seclusion. (laughs)

Go All The Way: You want to sleep as soon as you release, and you also want to sleep even if you don't release; there's simply no way to release.

Wind: Locking yourself up isn't very useful; karma (subconscious programs / thoughts / feelings) cannot be locked away.

Go All The Way: I didn't shut myself off. I did what I was doing as usual, just without checking my phone or group chats, and ended up feeling incredibly sleepy. That was my seclusion; I felt a bit better the next day.

Wind: But the release efficiency didn't meet my desired standard either.

Go All The Way: Yes, I can't get back to the breakthrough state I had last time, which lasted a whole day. I'm just stuck.

Feng: Sustained release is achieved through six steps, not through external actions, not through seclusion, or turning off your phone. (laughs) By entering the six steps, you can continue to release even while chatting.

Go All The Way: Yeah, last time I just chatted and it was a whole day of relaxation.

Now I can't even release for ten minutes, it seems like I've suddenly stopped releasing altogether.

Wind: Just go back to the six steps. Actually, I don't recommend seclusion unless you release your natural inclinations to cut off contact with the outside world.

Go All The Way: I thought it was my phone that was distracting me, making me unwilling to let go.

Wind: No, it's your karma (laughs), it's your program that's preventing you from releasing. Take full responsibility, don't blame your phone.

Go All The Way: I thought disconnecting from the internet would allow me to continue to unwind.

Feng: **This is a misunderstanding for many people. They look for external reasons, such as some thinking that their work is holding them back; some thinking that if it weren't for their current situation, they would be free long ago; some thinking that their family is holding them back... In reality, none of these are true. The only one who can hold you back is yourself. Take full responsibility.**

Go All The Way: I forced myself not to look at my phone so I could focus on releasing stress, and the phone did indeed stop bothering me, but I still didn't want to release stress. So it wasn't the phone at all; I was just stubborn, thinking that external things could prevent me from releasing stress.

Wind: Just let them go, forget about seclusion or chatting. If external things could make people achieve the six steps, then saints could be mass-produced. Lock everyone up and force them to release. (laughs)

When you continuously release, you will automatically isolate yourself; when you are determined to turn inward, nothing and no one can disturb you.
[2020.10.23]

Wind: When you continue to release it, you will automatically isolate yourself.

The six steps don't ask you to resign or isolate yourself; they simply ask you to continue releasing stress. When you continue releasing stress, isolation will occur automatically.

Sustained release doesn't require a quiet environment because your world is merely a projection of your thoughts; you can't change the cause by doing something to the outcome. **If you feel noisy, it's just a feeling; go back to step three and release the feelings you currently want to control and identify with.**

You'll find it difficult at first, so you can start by utilizing all the time that doesn't require mental work. As you do this, the continuous release will generate momentum, making it easier and easier for you to release while doing other things.

If you continue to release yourself, you'll find that you no longer need to do anything because you're no longer creating that image. You're no longer creating the image of "I need to work."

[2021.1.7]

Yitian: "When you continue to release, you will automatically isolate yourself." Does this mean that once you enter a state of continuous release, no one will disturb you?

Wind: Of course, the outside world is a projection of you. If you are disturbed, it only means you want to be disturbed. You created that situation of being disturbed with your thoughts.

Yitian: Did you encounter any disturbances while you were in seclusion?

Wind: No, once you decide to turn inward, nothing can bother you.

Yitian: Is it that there are external stimuli but no reaction from oneself? Or is it that there are truly no external disturbances?

Wind: It's the same thing. Outside, there's only your thought. At first, you were creating some events, but that was your desire disturbing yourself.

As you release the fear, especially when focusing on releasing the fear of death, once you've largely achieved control and acceptance, the world will no longer interfere. This is even more noticeable in a forest; venomous snakes and wild beasts will stay far away.

Yitian: For example, you're in a locked room and someone knocks on the door, but it doesn't affect you at all. Or is it that once you enter a state of continuous release, no one will knock on the door at all?

The Wind (Feng 风) : Having released enough desire for control and recognition, no one will even knock on the door.

Yitian: I understand.

[2020.10.30 Don't look for opportunities to stop yourself]
Wind: Don't look for opportunities to stop yourself. Isn't the feeling of release wonderful?

[December 28, 2020 - Ongoing, Ongoing, Ongoing]
Wind: Once you reach a more relaxed state, you should continue to release. Clear out all the underlying feelings at once.

Don't look for opportunities to stop.

Once you reach a more comfortable state, you should continue to release [the tension/relief].

Clear out the underlying feelings all at once

--wind

[Whether the goal is negative or positive, as long as there is a continuous release of energy and the motivation to release it, that's acceptable.]
[March 16, 2020]

Tiancheng: Teacher, I just wrote down a lot of goals I want and set deadlines. In the process, is it possible to achieve them simply by continuously releasing my energy and not constantly focusing on the goals, but just following the six steps?

Wind: Okay.

[July 26, 2021]

Peace of mind and freedom: Is it necessary to list goals for release, or is it also possible to simply release the feelings in the present moment?

Wind: It's up to you. Release must follow your own inner rhythm.

Feng Tan's Six Steps: Step 5
Step 5: When you get stuck, release the desire to change the feeling of being stuck.

[2020.10.18 The only reason I got stuck was because I wanted to control it]
Wind: Step five is the one you'll likely use the most at the beginning, because you'll often get stuck. But getting stuck is simply because you want to control it.

The only reason something gets stuck is because you're trying to control it. It's that simple. Release that desire to control, and the feeling of being stuck immediately turns into smoothness.

[September 23, 2020: The more stuck you are, the more you need to release it.]
The more stuck you are, the more you need to release that desire to change. Otherwise, if you suppress it into your subconscious, it will keep affecting you, and you will remain stuck.

Now you need to decide to release the control that's holding you back. Make the decision to transcend it. You need to decide to transcend it in order to become aware of it, to allow it to emerge and leave, and then do it.

Don't try to suppress the feeling, but don't run away either. Just face the feeling (situation) until you release it. Don't do anything else to escape it.

[When there is no release, that is, when things are stuck, release the desire to control or change the situation.]
Hale Dwoskin: If you are really stuck somewhere, release the desire to control or change the situation (feeling stuck).

This step is crucial; it's the safety valve of the Sedona release method, a guarantee that will pull you back if you stray from the right path.

It's especially important to remember that we easily get stuck when we try to change or control our feelings and thoughts. Therefore, when we release the desire to change or control our current feelings, our overall state will change accordingly.

It's very simple: if you experience the following, release the desire to change or control that situation.

◎ I feel too much, I can't bear it anymore.

◎ We're getting further and further away from release.

◎ You forgot about releasing it.

◎ You feel like you can't let go no matter what

◎ You cannot accurately grasp your current feelings.

◎ You feel that a certain thought or behavior pattern of yours is particularly difficult to release.

◎ You want to skip the process and release quickly and cleanly.

[October 24, 2020: Facing, Allowing, Releasing]
Wind: Don't fear stuck habits; allow them to surface so you can release them. When the feeling of being stuck arises, you have a strong tendency to change it; your thoughts at this moment are driven by that desire for change. This is the reason why any mind wants to change a process.

Can inertia be overcome through suppression?

Not facing the feelings associated with the situation is to suppress them.

Inertia is nothing more than a feeling that drives things; the program is a feeling. Going back to the third step of the six steps, all feelings are about wanting to control and identify with them. Release them.

[October 18, 2020: Because you want to escape your feelings, you've covered them with a layer of vagueness. Releasing the desire for change will make your feelings clearer.]
Wind: If you're stuck, you must first release the feeling of being stuck and the desire to change. You can't keep resisting the feeling of being stuck; it's like stepping on the gas and the brake at the same time.

If you can't let go, it's stuck, a feeling of being gripped, like you're glued to something and won't leave, or you subconsciously want to escape and are afraid to touch it—these are all signs of being stuck.

We tend to do something else when we feel stuck, and then release it when we feel less stuck. I've found this to be wrong, as Lester Levenson (The Sedona Method) said, because it represses it into the subconscious and keeps it running through your mind.

(Feng quotes Lester Levenson (The Sedona Method) from THE WAY Part 1)

Talk to the facilitator at the workshop and ask them to guide you, or you can continue to release the feeling of being stuck. Seeing that when you don't release the feeling of being stuck, you let it continue to operate, which will cause you to remain stuck.

"Stuck" means to be stuck or stagnant. It refers to any feeling that makes you stop, rather than a specific feeling called "stuck".

Another issue is that when directly confronting the fear of death at the very bottom, people get stuck; most people get stuck there.

This includes not being able to see (feelings), vague feelings, because you want to run away, so a layer of vague feelings is covered on top. To release the desire to change it, to release this stuck feeling, you can see the one underneath again.

For example, not being able to feel anything specific on certain topics is also a kind of being stuck. For instance, someone might say, "I know I want to control something, but I can't feel it," which means they're stuck there.

I am Infinity: This should be able to be stimulated using various techniques.

Wind: This is the elementary way, the way in elementary school.

Lester Levenson (The Sedona Method) 's approach to graduates of Sedona Method involves releasing the desire to change the feeling that's stuck. In other words, do you feel this feeling is too vague? Do you want to change it? Releasing the desire to change it immediately clarifies this vague feeling.

(Feng quotes Lester Levenson (The Sedona Method) from THE WAY Part 1)

Simply release the stuck feeling, or even the vague feeling—you might not even be able to see it because you're trying to escape it, or at least try to change this vague feeling—whatever it is. Once it's gone, you'll have the ability to re-enter the fear of death.

Lester Levenson (The Sedona Method) said this, and he specifically mentioned vague feelings.

When feelings are unclear, you want to change them. Because when feelings are unclear, you want to make them clearer; this "wanting" is the desire to change. Once you become aware of it, you can release it. After releasing it, you will become clear.

I've done this many times, and it's definitely a postgraduate-level approach. It's much simpler and more efficient than the elementary approach that uses scenarios to evoke feelings.

I am Infinity: The reason I couldn't feel it before was because there were things like desires to change or something else attached to it, which disturbed my perception. After releasing these, I can feel it again.

Wind: Yes, that's exactly what I meant. A vague feeling is overshadowed. This is a method repeatedly explained in "The Way."

[October 23, 2020] When feelings are unclear, releasing the desire to change them will make the feelings clearer.
Wind: When you release your desire to change a vague feeling, it becomes clear.

Every feeling we experience in the present moment stems from a desire to control and to identify with it. If we cannot clearly identify it, it remains a vague and unclear feeling. Releasing the desire to change it makes it clear.

Once you become clearer, you'll be able to perceive whether your current feelings are a desire to control or a desire to acknowledge, and then you can continue to release them.

As long as things are unclear, there's a desire to control them. The solutions for any situation during the release process are all within the six steps, so do not use methods outside of the six steps.

The third step is to recognize that all feelings stem from a desire to control and identify with them, and then to release them. If you can't do this, you're stuck, and the fifth step applies.

The inability to achieve sustained release is also a form of being stuck, driven by the desire to control and identify. In the course, the instructor said, "When your feelings arise, don't suppress them, but focus more on your desires." In other words, during release, you allow feelings to surface, but become more aware of your "desires." This is the third step of the six steps.

Be aware that all feelings are being controlled and identified by desire, and release them.

[2020.10.23 You are not without feelings; you may just be suppressing them.]
chole: I thought I had released myself to the point of having no feelings, but it turns out that having no feelings means your feelings are vague and unclear.

Wind: **It's not about releasing yourself to the point of having no feelings, because if you truly have no feelings, your experience will be incredibly beautiful. It will be a feeling of constant oneness, a pure love that will arise. Because your infinite existence is just that beautiful.**

If you don't experience this wonderful feeling, it means you have a lot of repressed feelings inside you. You're just suppressing them, running away from feeling them, instead of releasing them.

[2020.10.23 Easily allow yourself to become aware of the desire to change, release the desire to change, and you can break free from the block] Wind: After becoming aware of it, did you release it?

I am Infinite: No, as soon as I realized it, it seemed to have automatically shrunk back.

Wind: That means it's stuck. Releasing and then stopping means it's stuck. You want to release, but the release stops; that's called being stuck.

I am Infinite: Today is always like this, with very little successful release.

Feng: That means the "want to control" program has emerged, and it's time to release it. The more it's stuck, the more you need to release it, because this will allow you to unblock the program.

First, allow yourself to become aware of the feeling of being stuck, then become aware of your desire to change it. Easily allow yourself to become aware of your desire to change it, and then it will dissipate.

Reflect on how you feel now. If you're still stuck, continue to allow yourself to be aware of it, and then become aware of wanting to change it. Then, the desire to change will allow you to move away from that feeling.

Because you've been suppressing a lot of emotions, you need to continuously release them. But if you continuously release these emotions in an attempt to change things, and release them completely, this blocked process will disappear entirely and won't reappear. Future releases will, in most cases, become smooth and won't get stuck anymore. Doesn't that sound great?

It might get stuck once or twice more, because some stuck programs are deeply suppressed, but it will no longer be the norm.

October 22, 2020

"Chat"

"Chat"

[November 26, 2020: What to do if the system remains stuck?]
Tiancheng: Feng, how did you break through the program's bottleneck? I've been stuck for the past few days. I've been staying in a hotel all week.

Wind: When you're stuck, it's time to release what you want to control. But be aware that your karma will drive your actions, so you'll do other things. At this point, you'll find that whatever you do, you'll be more adept at it as long as you release. Paying attention to this will help you release.

Tiancheng: I'll do it for a bit, then check my phone. Or, I'll go out for a meal.

Wind: Therefore, Lester Levenson (The Sedona Method) did not advise people to go into seclusion. He let his students do it through action.

Tiancheng: What does it mean to do it in action?

(Feng quotes Lester Levenson (The Sedona Method) from The Way Part 2)

Therefore, there are no obstacles in action; the obstacles are identifying with the limited body and mind, and identifying with the ego.
If you try not to take any action, you will not succeed, because your karma is currently driving you to act. So if you try not to take any action, you will not succeed, regardless of your karma, you will act.
So it's useless to do nothing; only release is useful. Only release will give you all the paths. The faster you act, the faster it will come.
Therefore, action is less of an obstacle and more of a help, because when you act, you are driven by your feelings, and your feelings bring you more feelings as you act, allowing you to release all your feelings.
So you have to do it in this world, you have to do it through action; you can't do it in isolation. When you isolate yourself, you're just running away.

Wind: If you force yourself into seclusion, your mind will tend to escape. It's as if you're saying, "Ready, I'm about to release you," but there's no need for that. You can release directly and easily.

Sustained release doesn't require avoiding action at the operational level. As long as you have something you want to achieve, you have a goal, and you can maintain the motivation to release. If you get stuck, use step five.

Tiancheng: It feels like I'm constantly stuck.

Wind: That's the continuous desire for control. Actually, frequently getting stuck is a good thing, because it means your control program is surfacing. Every time you release the desire for control when you get stuck, you relieve some of it. This stage will be much better after you completely step out of AGF, and the release of LAP will be much smoother.

Tiancheng: Emotions reside in anger.

Wind: Anger can also cause you to get stuck, but you have the energy to deal with it.

Tiancheng: I remember you shared in the group in September that you were stuck for a while and couldn't even release it once. Did you have such a phase?

Wind: Yes.

Tiancheng: How did you break through later?

Wind: When you feel frustrated, you must consciously release, decide to release, and at the same time be aware of your desire to control, releasing your resistance and opposition.

Tiancheng: Is releasing desire the way to release resistance and resentment?

Wind: Hmm. I know this stage is difficult because you'll resist the release. First, you need to be clear that you want more freedom, then you need to keep deciding to release, only the most superficial things. After releasing the most superficial things, make the decision to release the most superficial things again, and continue by making one decision to release after another.

When you get stuck again and again, you release the desire to control each time. With each release, you should feel more joy and ease. This is the application of the six steps.

When you reach Nirbhabhava Samadhi, you have fully accomplished the first step of the six steps. Fully accomplishing the first step will cause you to spontaneously fall into the last five steps, so there is no need to go into detail about this point.

Before you get there, you need to keep verifying the six steps to make sure you're on your way to the first step.

Tiancheng: Before reaching Nirbhabhapa Samadhi, one needs to continuously practice.

We can't relax, can we?

Wind: Yes. As Yogananda said, one cannot relax until one reaches Nabhikapa Samadhi.

Tiancheng: So what I need to do now is to continuously release the stuck program. Feng: But don't try to release it all at once. Tiancheng: I have that tendency.

Wind: You need to release the most superficial part; releasing it once will make you feel better. If you release it again, you will feel even better. Do this patiently, and you will quickly clear away the programs that are holding you back.

Tiancheng: When I get stuck, I even doubt whether I'm in a stage where I need to release my emotions. My mind tells me that I haven't experienced enough emotional release.

Wind: Haha, don't easily regress. The six steps don't allow you to go back; all the answers are within those six steps. If you deviate from the six steps, don't trust anyone. The six steps are the perfect steps.

[December 16, 2020: I'm so angry and can't release it, what should I do?]
Shuxin: Teacher Wind, I have another trigger point. Some things ignite my rage, and I feel like killing that person. I want to swear and curse. At these times, I can't calmly release my anger. What should I do?

Wind: First, allow the emotion to be expressed, then you'll be able to release it.

Shuxin: Can I swear, but not at the person directly? Feng: Yes, if you really can't control yourself, allow yourself to lose control a little, then easily focus on your feelings.

Expressing my thoughts: So, if I can control myself, I shouldn't go crazy?

Wind: Don't suppress your feelings, but don't let them erupt too violently and get out of control. Be especially careful when encountering strong emotions.

Expressing my feelings: When I really want to express myself but choose to hold back, is that suppressing my feelings?

(The wind quotes two passages from Lester Levenson (The Sedona Method) Levenson.)

We now spend 99% of our time subconsciously suppressing feelings accumulated from the past. If all that anger were to surface at once, we would completely lose control and could potentially hurt someone, so it is essential that we suppress that accumulated anger.
Similarly, grief can overwhelm us if it surfaced all at once, to the point where we can no longer control ourselves.
This applies to all emotions. There are so many emotions accumulated from the past that we have to spend the vast majority of our time suppressing these pressures.
I call them pressures because every subconscious feeling wants to surface and reveal itself. We are very careful to bring them to the surface, and then let go of the control, releasing the subconscious pressure and drive, and letting them flow.
...
This technique first shows you the full picture of your mind and emotions, and how they are connected. It brings your subconscious mind to the surface, from where we usually don't look, to where it is right in front of you—so that you can do something about it.
It shows four things we can do about our emotions and feelings. The worst thing we can do is suppress them. The second, slightly better, bad thing is to run away. The third thing we can do is begin to release from suppression, which is to express your feelings or emotions. The fourth thing, which is what we need to do, is to pour out your suppressed emotions.

——About Releasing (1) Audio content from Lester Levenson (The Sedona Method)
Levenson's early days when he established the Sedona Method Release Technique

Wind: These key parts have all been translated. If you don't allow them to be expressed, you're suppressing them. But if too many feelings surface all at once, and emotions get out of control, you won't be able to release them either. Therefore, you must be very careful to let them surface, and don't force the process.

Mu: What should I do when I lose control of my emotions?

Wind: If you really lose control of your emotions, let them be for a while. Allow them to express themselves, and you will be able to release them.

[November 10, 2020] When you feel angry, allow yourself to express it. You don't need to finish expressing it; as long as you don't suppress your feelings, you can release them.
Being there: When angry, turn inward, don't suppress this energy, but experience and release it. Isn't that enough? Expressing anger outward to others is a habitual behavior; at this time, you are being manipulated by emotions and have lost awareness.

Wind: I know what you mean. That's what they teach in Vipassana. In: Lester Levenson (The Sedona Method) said to take 100% responsibility for yourself. Wind: Lester Levenson (The Sedona Method) said expression is the beginning of liberation, not a substitute for liberation. Let the things come out. Let's review the way: In the world, when you want to go out, you have to suppress it, or you'll be killed. If you express anger towards the wrong person, that person will either beat you up or shoot you dead; this is getting worse. Yesterday in California, hundreds of police officers were patrolling the streets to stop gang shootouts. Yesterday, there were three gang shootings in Los Angeles. You can't stop it outside, but here (referring to the place of liberation) you have a very good opportunity to express and release, to move forward, to move upward.

He's not saying you have to express yourself everywhere. (laughs)

Feng: The discussion above has been a bit disorganized, so let me summarize it briefly. First, I know that many people have learned about other teachings and will introduce the concepts of "with awareness" and "without awareness" into this discussion.

However, Mr. Lester Levenson (The Sedona Method) meant that we have four ways to deal with emotions: the first and worst is suppression; the second is slightly better, escape; the third is the beginning of release, expression; and what we need to do is the fourth, release.

Because expression is the beginning of release, you will find that if you don't allow it to be expressed, you will continue to suppress it.

Do not introduce the concept of awareness, because sometimes this kind of "conscious expression" actually implies a kind of repression.

In theory, awareness is good, and I know that—pure awareness. But introducing these concepts actually confuses these simple teachings.

Lester Levenson (The Sedona Method) 's point is simple: you have to allow yourself to express yourself, and then you can release it. Allowing yourself to express yourself doesn't mean you have to finish expressing yourself. For example, you might want to get angry, and at that

moment you subconsciously want to suppress it through some method or even a Sedona Method release technique.

Now you allow yourself to express yourself, and perhaps the moment you do, you'll immediately become aware of it. The moment you're about to get angry, you find yourself releasing it. You don't need to finish the expression.

The era of the Internet of Everything: Was it released as soon as it got angry?

Wind: Yes, often.

"Zaiyan" can be understood as meaning that when there is no repression, people are free to choose to simply release their emotions or choose a way to express themselves to others.

When people are repressed, they are not free. They may be even angrier, but they don't express it, or if they do, it may be distorted.

Wind: Yes, when you're not suppressing your feelings, you can choose to express or release them. Actually, if you've really tried it, you'll find this: you might express a little bit, and then you can immediately release it. If you're not allowed to express yourself, you might never be able to release it.

For example, if you can't sit still but force yourself to sit there to release, you might be stuck there all day, struggling with the situation. In this case, simply allowing yourself to stand up and walk around might help you release smoothly.

I am infinite: You must finish expressing yourself, otherwise your mind easily deceives itself. Where permissible.

Feng: Those who have truly experienced release will have this experience; it's not always fully expressed. Sometimes you're ready to argue, but suddenly that feeling comes, you're released, you leave, and then you don't want to argue anymore. (laughs)

[November 10, 2020: Expression is the beginning of release. When any emotion arises, resisting it is not allowing it to be expressed. Allowing it to be expressed allows it to be released.]

Feng: This is a passage from "About Releasing," which shows "four things we can do about our emotions and feelings. The worst thing we can do is suppress them. The second, slightly better, bad thing is to run away. The third thing we can do is start releasing from suppression, which is to express your feelings or emotions. The fourth thing, which is what we need to do, is to pour out your suppressed emotions."

I am Infinite: These past few days, I've also strongly realized that you shouldn't suppress your emotions. Just let yourself express them! Once you've expressed them, you'll find that releasing them is very easy. But releasing them after suppressing them is very difficult.

Wind: The beginning of release. (laughs)

the beginning of releasing the suppressed feelings.

I am Infinite: Because I find it so difficult to even feel emotions, and the suppression is outrageous, I am extremely good at suppressing my expression.

Wind: Every suppressed feeling wants to leave. I am infinity. Yes. Wind: Another point is that when you are in a state of utter despair, you actually don't want to move. At this time, forcing yourself to be diligent is also suppressing utter despair; you are not allowing utter despair to express itself, so you must allow yourself to be lazy.

Then bring out that feeling.

Forcing yourself to make decisions and take actions when you are fearful and anxious is the same; it's suppressing your emotions and preventing them from being expressed.

I am Infinity: Oh, I see. I realize I don't understand expression very well. Wind: You might think only strong emotions like anger constitute expression. I am Infinity: Yes. Wind: But if you're clearly in a state of utter despair, yet you strongly resist it and try to act outwardly, that's also suppressing it.

I am Infinite: (laughs) Indeed.

Wind: For example, you may feel lazy, but you force yourself not to be lazy. Real change in action only happens after you release your emotions, causing them to shift upwards.

[October 23, 2020: Control, recognition, and security are not bad things, but "wanting" will keep you driven by a sense of lack.]
Wind: The release process is a technique that awakens the instinct to release.

You can control your feelings and release; in fact, Lester Levenson (The Sedona Method) used the phrase "control your mind."

However, "effort" implies "wanting to control," and wanting to control equals a lack of control. Therefore, once you exert effort and want to control, you will get stuck.

When something gets stuck, it's because it's trying to "take control." If you don't release this process that's causing the problem, it will continue to get stuck.

When you release the program that you want to control, you will feel a sense of freedom because the program drives your feelings, and everything that happens next will be under your control.

Therefore, it's not that you can't control and release your feelings, but rather that you need to use a specific process and techniques to control them, rather than relying on your past habits.

Control by releasing what you want to control, gain recognition by releasing what you want to gain recognition, and gain security by releasing what you want to gain security.

Control, recognition, and security are not bad things, but "wanting" will keep you driven by a sense of lack.

Actually, I have a view on personal insights. Any insights gained from personal experience should be tested using a six-step process. If it conforms to the six steps, then it is correct.

Pay attention to the third step: immediately become aware of whether your current feeling stems from a desire to control or a desire to identify, and then release it.

When you feel the urge to control, release that urge instead of letting it linger and operate within you.

If you try too hard to be aware and explore, you are doing it with a desire to control. You should become aware of this desire to control and release it.

It's not a matter of using your mind, it's about how you direct it, what direction you take. Lester Levenson (The Sedona Method) describes it as "using the mind to eliminate the mind," and the most crucial point is, what direction it leads in.

Happy Cat: Can it be understood as the mind giving a direction, and then witnessing the "infinite" complete it?

Wind: No, it's about following the release process, following the six steps. It's not about "abandoning the mind," not about "not controlling," but about "doing what you want through the release process." Lester Levenson (The Sedona Method) isn't saying "you shouldn't want this or that." Lester Levenson (The Sedona Method) isn't condemning those "wants," but rather "getting everything you want through release." So, follow the release process, follow the six steps, keep it simple, and don't add anything else.

The process is fixed: let the feelings surface, see if it's a desire to control or to identify with them, and then let them go.

If you don't follow the six steps, you can't release the pent-up emotions. You can't do it because you haven't tried. Just do it, and you'll succeed. Keep the six steps with you. Stay pure, follow

the process. Keep it simple, sweetheart—this is Lester Levenson (The Sedona Method) 's kiss principle.

Lester Levenson (The Sedona Method) said it's simple, but what people have been doing all along is making it overly complicated.

We can use many language systems to discuss the same thing, and we may switch between many modes of expression, but those are not necessary.

What is necessary? Learn the release process and the six steps; these are all the tools and maps you need on your path to freedom.

[November 17, 2020] When you stop releasing, you need to remind yourself to release; but when you are suppressing, you need to remind yourself to relax.
Wind: Don't forget the goal. Take a bite first, get the benefits first. (laughs) Bethlehem Star: Next, the gaping maw. (laughs) I am Infinity: Aww~

Wind: Where's your pot? And your iPhone?

Bethlehem Star: Two. (laughs) I am Infinity: [helplessly] Forgot again. Wind: Habitual forgetting, because of the aversion to the goal, a habit of escapism has formed. (laughs) I don't believe I can get it through release.

I am Infinity: Indeed, I felt that disgust because I felt it was difficult to achieve, so I felt a strong aversion to it.

Wind: I still have to overcome this hard-to-achieve aversion, which is just a feeling.

Chloe: I find it easy to release highs, but lower-level emotions like grief and despair are not so easy. Why is that?

Wind: Lester Levenson (The Sedona Method) said that because it's too heavy, it's easy to get stuck. So when you're high, it's a great opportunity to dig down.

When you reach a high point, you have the power to look deeper and bring out and release those heavier emotions, which is why you need benefits.

Additionally, it's very easy to get stuck in AGF (aggregate function), I've experienced this myself. Because the AGF level is so low, it's easy to feel inadequate and give up on releasing it.

However, if you force yourself to release, you might be controlled by fear and overexert yourself. That's why when I'm releasing using AGF, I have to refer to step five after a few releases. To release continuously, you can't rely on effort.

Roller: Yes, that's right. Step five is very important at the beginning.

(Then Feng/Wind shared a private chat with Aheng) Feng: I feel very relaxed and happy every time; the release itself is very enjoyable. Bethlehem Star: Yes, release should also be effortless; it's already done before you even realize it.

Wind: So when you're trying to release something, you still need to be careful because it's an effort to control it. Step Five. When you're trying, you're trying to control it.

Bethlehem Star: Yes, release requires continuous effort, not just hard work. Wind: Yes, I saw a passage in the Pali Canon, a quote from the Buddha.

Translation: The celestial being standing to one side asked the Buddha, "How did you cross the flood?"
“Friends, I cross the torrent without stopping (or: without standing still) or exerting force.”
"How then, Your Excellency, can you cross the torrent without stopping or exerting force?"
“Friend, when I stop, I drown; when I exert myself, I am swept away. So I cross the torrent without stopping or exerting myself.”

Star of Bethlehem: Perfection. Sometimes we use too much force, not power.

Wind: Actually, it's about suppressing feelings. All efforts are efforts to suppress or repress feelings.

Star of Bethlehem: To some extent, yes. Wind: Control. Star of Bethlehem: Controlling the process, wanting to see the result. This is not what a good caster needs to do.

Wind: Hmm, it's still in the fifth step of the six steps.

(Let's continue chatting after we finish reading Feng and Aheng's private chat)

Roller: I was too controlling before. (laughs) Bethlehem Star: Me too. Roller: It's okay, once you release enough of that controlling urge, it'll be easier later.

Wind: release takes no effort, zero.

I am Infinity: I sometimes inadvertently become someone who tries to release things, and then I might end up being suppressed.

Wind: It's normal to have an overly strong desire to control things and to feel overly burdened by emotions. Releasing these emotions through AGF can be difficult; I often got stuck back then too, and I would discuss this problem with everyone I met.

Roller: (Laughs) Now let's look at step five.

I am Infinite: I guess most people don't know what being stuck means. Roller: Hale Dwoskin calls it resistance. I am Infinite: When you're stuck, trying to release it becomes repression, and then when the emotion is gone, you think you've released it.

Wind: Of course you'll get stuck if you try too hard. There's so much accumulated garbage; even Stephen says it's not easy.

[July 26, 2021] The Sound of Clouds Passing By: Teacher, could you explain this section in more detail? (Referring to the section about surviving the flood mentioned earlier) How can we do this in our daily lives?

I understand this principle in my mind: release takes no effort, but how can I actually do it? There are so many things in life.

Wind: This passage is a record of the Buddha's teachings in the Pali Canon, which the Buddha summarized as the Middle Way.

When the Buddha was still Siddhartha, he studied under various masters of the time and reached the highest stage of meditation. But he discovered that those suppressed feelings were like silt that had sunk to the bottom of a river. When he was in a state of concentration, they were suppressed. But when he emerged from that high concentration, feelings and thoughts surrounded him again, like turbulent river water.

Siddhartha then continued his journey and learned about asceticism from Jain ascetics. He underwent six years of asceticism but did not experience liberation.

The idea of the Middle Way came to him when he was in a state of extreme despair, from a musician: when the strings are too tight, you need to loosen them; when the strings are too loose, you need to tighten them. This helps you understand the meaning of that passage.

When you stop releasing, you need to remind yourself to release; but when you are suppressing, you need to remind yourself to relax.

The sound of clouds drifting by: Yes, thank you very much, teacher, I understand.

Feng Tan's Six Steps Step 6
Step Six: Each time you release, you feel happier, lighter, and more liberated. With each release, you become increasingly joyful, relaxed, and liberated. You have more motivation to go free.

[2020.10.24 The feeling of release is verified using step six; each release brings ease and joy.]
Wind: If every release brings you ease and joy, then you are releasing. If you stop releasing, then you are stuck. Continue to release your feelings, and continue to feel more relaxed and joyful.

[October 22, 2020: Releasing the feelings that have been concealing one's true nature naturally brings pleasure.]
Wind: You can use step six at any time to verify your release. After feeling relaxed and happy, continue to release what you want to identify with and control.

Because your natural disposition is one of pleasure, and if there is no pleasure, it means there is something covering it up, which is easy to understand.

[October 22, 2020: Every release brings joy and freedom, making you naturally want to continue releasing.]
A release that isn't stuck means that with each release you feel more relaxed, joyful, and free. Use step six to confirm your release. If you feel like you're fighting a protracted battle, you're stuck. If you feel like you're forcing the release, you're stuck.

It's important to note that release is not a protracted battle. I know continuous release sounds like a protracted battle, but it's not. Each release brings you immense pleasure and freedom, and then you naturally want to continue releasing.

[2020.10.23 Every release brings greater ease and joy] Wind: The sixth step means that every release brings greater ease and joy. Note that it is the joy brought by release, not the joy brought by other restrictive methods.

Paying attention to the relaxation and pleasure brought by the sixth step will greatly facilitate the first step.

[2020.10.18 The sense of freedom brought by the sixth step will strengthen the desire for freedom in the first step]
Wind: The sixth step, which is also the step we are most likely to overlook.

Each release makes you more free, which can be described as relaxed and enjoyable, but ultimately it is about freedom.

The motivation from these experiences will strengthen your desire for freedom in the first step, and as Lester Levenson (The Sedona Method) said, "If you do the first step thoroughly, you will naturally follow the next five steps."

[November 20, 2020: Using the sixth step to facilitate the first step, gradually shifting direction]
Tiancheng: How did you truly achieve the first step?

Wind: Implement the six steps. Using the gain of the sixth step to promote the first step is a perfect process.

You normally seek happiness everywhere in the world, and it becomes your primary goal. But as you reap the rewards of letting go, you increasingly discover the true source of happiness (within your self), until you discover that the sole source of happiness is your own infinite existence within you. At that point, you lose all external goals, your entire direction reverses, and you reach the first step. When you reach the first step, you fall into the next five steps.

[2020.10.22 Reminding myself of step six each time I release something greatly speeds up the release process.]
Wind: The desire for freedom requires motivation. Each time you remind yourself of step six, it subtly and fundamentally adds momentum to your first step. This greatly accelerates your liberation process, as the subsequent steps will naturally follow.

The key word for step six is "more." Each release brings greater joy, ease, and freedom.

Note that this applies to each instance. Once you get stuck, you won't want to let go. The urge to escape will quickly pull you in the opposite direction.

Remember what I said a few days ago? Your whole mind is filled with desires, so you'll always have desires before you achieve freedom. The difference lies in how you direct them—whether you steer them towards freedom or towards restriction.

The desire for freedom leads to further liberation. In other words, once you've done it the first time, and you know you'll feel even better and experience more freedom next time, you'll naturally want to do it a second time.

After feeling joy, continue to release. Then you will feel even more joyful and free. Then you release again, and it will soar once more. The feeling keeps rising. The continuous joy will give you the motivation to continue releasing.

[2020.10.23 What to do if you don't feel pleasure when releasing?] I am Infinite: How do I do the sixth step?
Wind: Every release brings ease and joy. I am Infinity: If you can't release anything, there's definitely no joy. Wind: If you remind yourself of this (referring to step six), you'll stop what you're doing now and easily allow the desire to control to surface.

Whenever you exert effort in an attempt to control something, the pleasure will be blocked because you are trying to control it.

It seems that many people don't know how to do the fifth step. Let me share it in detail. If you follow the original process, you will find that the first step is to "relax as much as possible and

focus your attention on your inner self." Be aware of your current feelings in a relaxed and comfortable state.

The specific application of step five is indeed something that is easy to misunderstand. People often find that they cannot feel the urge to control their feelings, so when they try to release that urge, they get stuck indefinitely. Therefore, relax and become aware of the most superficial "want"—you only need to be aware of one "want" at a time.

When you get stuck, it's obvious that you want to change it. Notice that you're exerting force, and this "effort" is the desire for control. It's right on the surface, so you don't need to deliberately dig into it.

Control is the only element that gets stuck.

Another point is that, like all feelings, it cannot be released all at once. **So when I guide others, I will say, "Do you still want to change how you feel right now?" Allow more desire to change to be noticed. When you successfully release the desire to change that is causing you to get stuck once, you need to feel whether there is any left and release it a second time.**

Once you completely release your desire to change it, you'll immediately find the release process becomes very smooth. If you only release a little and suppress the rest, continuing to use this desire to control other themes, then that unreleased desire to control will continue to operate within you, causing you to get stuck again during a future release.

This was also the biggest obstacle for me at the beginning of my continuous release. In fact, we just ignored it when we were releasing. So, to reiterate, use the six steps. The six steps are the only key. It is not just a theory. It is a map that will guide you along the way.

[September 19, 2020: True release, every moment brings joy]
Wind: The feeling of release is when the sensation covering you clearly leaves, and then a surge of pleasure rises from below—that's a release. If not, it's probably just your brain's imagination.

Sui Le: I have never experienced a moment of pleasure.

Wind: Hmm, then you've identified the problem. You must first learn to let go before you can talk about continuous letting go. True letting go is about becoming more joyful each time.

Sui Le: Am I releasing it incorrectly?

Wind: Based on my personal experience, that's probably not right. Because once you've experienced release, you won't be confused.

Sui Le: That might be wrong. What should I do?

Wind: **The release method is not complicated; it's simply about letting up and letting go. However, many people haven't experienced release in practice; they mistake some mental imagery for release.**

Try not to modify the method when releasing it, as that will only weaken its power. Don't mix and match, don't modify, try it this way and see if you can get a feel for it.

Release is a very clear feeling. Once you release something, you will find that this experience is clearly different from repression and escapism, so you will not confuse them.

Sui Le: What's my problem?

Feng: I **think you're suppressing your emotions, it's a habitual suppression. When I practiced Larry Crane's book 'The Book of Abundance', I always suppressed my emotions because I misunderstood the meaning of the tube method, so I imagined a tube and tried to squeeze it out.**

Later, I read a sentence in a book that gave me my first experience of release. It was about "feeling that you also want to get out" and "decompression (relieving stress)." **Feeling yourself being pushed outwards, as long as you don't suppress it, let go, and it will go out on its own.**

That experience revolutionized my understanding of release; since then, releasing has become easy and clear. Try it more often.

For me, reciting a hundred verses of God is not as impactful as the experience of a single, clear release (letting go).

Therefore, the key lies in how to release and how to sustain the release.

As for the truth, you'll see it if it's continuously revealed; there's no need to constantly study it with language and words. Any further research is just language and words.

(Note: This excerpt only includes a portion of the dialogue, emphasizing the importance of your own release. Don't mistake the lack of release for actual release, and remember to use step six to examine your release. Only by honestly facing the results of your release can you move forward better. The problem isn't not knowing how to release, but rather not knowing you can't and mistaking repression for release.)

[October 21, 2020: Continue to release your feelings, continue to feel more relaxed and joyful]
Q: How can I continue to release the feeling of pleasure?

Wind: Be aware of what you want to do about your current pleasant feelings: Do you want to maintain this pleasure? Or do you want to change it to make it even more pleasant?

When you release the urge to control, your feelings will move up. You'll find that the pleasure you felt earlier was only relative; there are even better feelings to come. As you continue to release, the feelings will get better and better. So don't stop here; strive for ultimate freedom.

[December 3, 2020: Sustained release cannot be achieved through coercion; it is built upon the ease and pleasure brought about by step six.]
Wind: You can set the number of releases, but be careful, if you use too much force, you will get stuck.

You can't do it with that kind of pressure. The continuation of the six steps is based on feeling more relaxed after you release.

Remember these six steps and use them to guide your release.

[November 17, 2020: You can't force yourself to release; you'll only release when you see the benefits it brings. So please constantly confirm the gains you get from releasing and your direction.]
Wind: Rely on six steps. Begin with six steps, end with six steps. Use your gain to confirm your direction. Continuous release has become your "task," which is not good. Continuous release is beneficial because every release has its advantages.

This is what step six says: Each release is easier and happier.

You feel good, so keep letting go. If you just force yourself to let go, you'll stop; you won't be able to continue because you're suppressing your desires for the world.

My method is to constantly confirm my gains and my direction.

For example, she was about to listen to music. What did she want to get from the music? Could she get that from the release? Could she try it?

Continuously affirming your gains will help you maintain a state of release. If you say, "I can do it, I must release, I can't listen to music," it won't work because a subconscious direction towards listening to music has been suppressed. Your conscious and subconscious minds are in a tug-of-war. Ignoring it won't work. Write down the possibilities you believe can bring happiness, and identify the areas where you think there are opportunities.

Happiness—where do you actually seek happiness?

If you suppress these desires, you can't take the first step. You can force yourself to do homework and work, but you can't force yourself to release them. (laughs)

Let me elaborate on Lester Levenson (The Sedona Method) Levenson's favorite teaching: get everything by releasing only.

What do you want? How are you going to do it? Why not get it through release? This is how you practice; you choose to release.

Sometimes you might spend an afternoon doing other things without releasing your inner self, because your subconscious is seeking something, and you can't force yourself to release it.

You need to see what you are seeking and ask yourself, "Can I get that from release?" See which way is easier, more joyful, and then choose release.

That's why I say successful experiences are important. You have to gain benefits first. You won't do it if there are no benefits. It will try every means to avoid or resist release. That's your mindset.

I remember saying before that focusing on step six truly put me into a state of sustained release.

(Feng then shared two screenshots of his private chat with Aheng, the contents of which are as follows)

Bethlehem Star: I was trying really hard to release all night, but I didn't get much out of it. I only got some results when I relaxed.

Wind: You see, forcing a release violates step six; you're trying to control it. Bethlehem Star: Absolutely (laughs). Wind: So it won't happen.

Bethlehem Star: I finally stopped today to relax a bit.

Wind: **I've noticed something. When you're stuck, you actually want to control it.**

Bethlehem Star: You get stuck because you want to control it (laughs).

Wind: But the way you get what you want is by mentally struggling against it. That's not "get everything by releasing only." You're trying to release it through the struggles of the world.

Bethlehem Star: Fighting, fighting, fighting! I've found that reminding each other is really helpful.

Why do many people feel sleepy after releasing stress? It's simple: because sleep is more comfortable than forced release. The mind always tends to do what's more comfortable.

That's why Lester Levenson (The Sedona Method) always makes you confirm your gains; it's very important. Step six cannot be ignored, so you need to keep reaping the benefits.

From the moment you begin to release, you must feel better with each release in order to keep going.

Once you feel compelled or strained, immediately relax and release the urge to control.

If releasing makes you feel more comfortable than sleeping, you will naturally tend to release; it's really that simple.

That's why I said you haven't seen the complete path, so naturally you'll have doubts. If you experience the six steps, you'll know its perfection; all of Lester Levenson (The Sedona Method) 's instructions are about it. Without it by your side, you'll stray from the path without even realizing it.

The Lester Levenson (The Sedona Method) Levenson’s six steps are a tool to guide us on our journey; use them to replace our minds, to be our own minds. Hold them in your hands, keep them close at hand.

The six steps must be clear. Once you understand them, they will guide you on the path. What does "clear" mean? It means you can use them and consistently apply them.

None of the six steps can be ignored; if even one step is not done, the process will stall. You can't say, "Ignore step X first," because doing so would prevent you from continuing.

Following the six steps is simple; maintaining illusion of limitation is difficult. See the feeling, let it go, clear away all the feelings driving your thinking—that's it.

Make a free decision, and decide not to stop until you have achieved freedom.

--wind

In these six steps, your release will be continuous.

Throughout the six steps, pleasure also increases continuously.

If you don't follow the six steps, you'll stop.

Anything not included in the six steps is unnecessary.

Keep it by your side.

Remind yourself constantly.

--wind

Why emphasize only six steps? Because the mind adds a lot of unnecessary things based on different limiting concepts.

The six steps are a straight path; if you follow the knowledge in your mind, you may very well veer off in another direction along the way.

To ensure that the Sedona Method Liberation helps everyone, let us all work together to keep it pure.

—Wind, October 23, 2020

Appendix 1: After experiencing the simplicity and efficiency of release, I abandoned all other methods.

You will find that the Sedona Liberation Method is the only effective and simple method in the world today that can be quickly proven by your experience. Everyone, in every action, is searching for our ultimate state within us, but they are looking for it where it doesn't exist—in the material world. This method will enable you to get anything you want and help you reach the highest state. What the world needs right now is love, more love, and now you will prove it through your experience using the Liberation Method, which simply releases non-love and further allows you to express the love that already exists naturally. Your life will become healthier, happier, and more abundant. Good luck and success. —Lester Levenson (The Sedona Method) Levenson

[November 14, 2020]
Wind: I've learned many things, received many different teachings. But my experience tells me that those things take a very long time, or don't lead to the destination. Only the Release Method has allowed me to experience efficiency and get there quickly.

I never understood this. I thought other methods should also work, but my experience tells me that the release method is the only efficient one.

Until I saw Lester Levenson (The Sedona Method) 's statement and heard a few other sentences in the audio, I immediately understood that the release method is not just one of many methods; it is the only simple and feasible method in the world today—the only method

globally. You can immediately dismiss any "masters" who claim to use other methods as not useful.

Aside from those who returned to spread the teachings, such as some yoga masters, many of whom had cultivated very well in their previous lives, it seems that even Yogananda's most favored disciple did not achieve enlightenment through Kriya Yoga.

Kriya Yoga is already the "airplane" path, the fastest in yoga, while the release method is the rocket path, the most direct.

Go All The Way: Lester Levenson (The Sedona Method) also said that there will be a way to make people free in an instant in the future.

Wind: It will happen in the future, but not in this era. The release method didn't appear in the past because the world hadn't reached that stage yet.

Roller: Methods are born out of necessity.

Go All The Way: Well, even now, only a minority of people practice the release method, and very few people haven't distorted it.

Roller: Most people who learn the release method don't pay attention to the six steps.

Wind: Actually, this is strange. Lester Levenson (The Sedona Method) has emphasized the six steps many times, and Kam Bakshi (Kam Bakkshi) has also emphasized them. I have always released on my own, and I have always attached great importance to the six steps from the very beginning.

Roller: But most people really just use it to release emotions and improve their lives. As you said, most people's karma limits how much they can value this method. Take the third step of the six steps, for example; very few people actually do it. They just release emotions superficially, let alone the other steps. If you don't do the first step at first, but do the last five steps, you'll experience a huge move up.

Wind: Release from desire/wanting is essential; this is the third step in the six steps. Without it, you cannot restore the effectiveness of this method.

[October 1, 2020]
Wind (Feng): I myself have read a lot about religion, philosophy, and meditation, but I don't talk about them anymore because these conceptual things are often obstacles. When I was studying Buddhism, I was very serious about it, learning Pali and reading the Pali Canon.

Da Lu Zheng: Why did you give up Buddhism?

Wind: Because the release method is more effective for me. Lester Levenson (The Sedona Method) said that just one release is equivalent to several months of meditation, which is very true for me because that's how it has been in my experience.

I used to practice Vipassana quite well, but it's definitely not as efficient as the release method. So I stopped caring what it was and just used what was most effective for me.

When others discuss Buddhism, I generally don't interrupt. I believe such metaphysical discussions are often pointless. The focus now is on "how to do it"—how to achieve it, how to reach it. Even studying Buddhism is like a raft—you need to know how to cross the river, and that's the key.

I've spent many years on research and studying Buddhist scriptures, and while I used to be more knowledge-based, the insights it gave me were not as profound as the release I've made in such a short time.

Being honest with yourself will reveal whether you're standing still or moving forward. When you accept conceptual or knowledge-based things, it's easy to create a misconception that you know a lot, but that's just intellectual accumulation.

The mind cannot comprehend things outside of itself; it merely uses existing experience to speculate about something you have never seen before.

The difference between imagining, simulating, and actually seeing is enormous. Learning the Release Method is experiential.

I've met many people who practice spirituality and traditional religions, but their minds are filled with all sorts of opinions, making it really difficult for them to make progress.

Today we're talking about the translation of Starry Sky. Starry Sky was an early propagator of the Release Method, and I'm grateful for his efforts. However, there's a problem with his translations: they incorporate too much common spiritual vocabulary. But Mr. Lester Levenson (The Sedona Method) actually dislikes using those terms. He prefers to express complex concepts in the simplest language possible, and he likes to use everyday English. So, when I translate, I try to stay as natural as possible and avoid using overly complex words.

Lester Levenson (The Sedona Method) Levenson's style differs from other masters; he rarely uses words with strong classical religious connotations. But in their translations, those words are added back in.

Therefore, when I talk about the theory of liberation, I will set a principle for myself: I will absolutely not use anything outside of the Lester Levenson (The Sedona Method) system to discuss it; all the language is his own.

I will not discuss this in the context of Buddhism, even though I have studied Buddhism. I will not mix the teachings of the two masters, because I believe that their respective paths are complete and do not need to be pieced together by our egos.

I used to read the Pali and English versions side-by-side, which took me seven or eight months. I find it quite strange to combine various teachings; does it mean that every master doesn't teach a complete map, and you have to piece it together with your mind?

Minnie: Wind, does the release method involve religious beliefs?

Wind: Not involved. Lester Levenson (The Sedona Method) said, "Don't believe what I say," and in Lester Levenson (The Sedona Method) Levenson's The Way Lecture, Ramana Maharshi is quoted as saying, "There is no God, only yourself."

Most importantly, the Sedona Release Liberation Method doesn't impose a belief system on you. You release, and then gain insight from within; this isn't like traditional religions that force you to believe in something first.

You can have it, but with release, you will see the truth for yourself. At that point, you are no longer operating on the level of belief, but on the level of knowing. You know it is so, without needing a mental belief system to believe anything.

Lester Levenson (The Sedona Method) also frequently mentions Jesus Christ and the phrase "I AM that I AM" which is the best expression of infinite existence in the Bible.

D: Minnie, Lester Levenson (The Sedona Method) also said: If you completely surrender, you can even go have coffee with Jesus.

Wind: Well, Lester Levenson (The Sedona Method) said that if you're willing, you can sit and have coffee with Jesus.

I've also studied the Christian Bible, purely for intellectual purposes. From the Scholastic philosophical system, Augustine, Aquinas, and Leibniz's theologia. Yogananda, in fact...

He also commented on a passage of the Bible. Lester Levenson (The Sedona Method) often mentions two enlightened beings, Yogananda and Ramana Maharshi, while in antiquity he mainly mentions Buddha and Jesus.

[2020.10.15]

Wind: **I remembered something funny. When I first started learning the release technique, my mind always resisted using it because it was so simple.**

I wondered: Could it be that after learning Pali, reading the Tripitaka, studying German and researching classical philosophy, and learning countless Buddhist, Taoist, philosophical, and theological theories, I ended up using such a simple method?

I was very resistant to using the release method at the time; the more effective it was, the more conflicted I became. Was all that knowledge I learned for nothing?

Now I can answer myself clearly: Yes, I wasted my time learning. Those who crave freedom won't deceive themselves. With this liberation, although I argue with others less, my inner conviction grows stronger.

Appendix II: Nothing more than the Lester Levenson (The Sedona Method) Levenson's six steps is needed. Whatever happens, it's just the six steps.
Thanks to Tiancheng for compiling and sharing this information.

Dialogue 1: The Path to Success – Six Steps
Q: Teacher, could you tell me about your secret to success?

Wind: Six steps.

Q: Why can you do it, while so many people can't?

Wind: Six steps. Because you need something else, but I only need six steps.

Q: So, it must be done through action.

Wind: The key is that you didn't do it. Not long after, you thought of another mental problem and started researching it, just like this one.

There are no contradictions in the six steps, but if you scrutinize Lester Levenson (The Sedona Method) 's words and manipulate them with your own mind, you will always find so-called "contradictions." It will immediately lead you in a limiting direction.

Those mental problems, those deviations from the six steps, will lead you away from freedom.

I have a highly intelligent mind, but I use my intelligence correctly, that is, I recognize the limitations of the mind.

Throughout the entire process, I only focus on six steps. I don't need anything outside of those six steps. If there's a secret to success, this is it.

People who keep collecting information will never reach the end, especially since their intellectual minds are not yet able to distinguish the information.

Q: So how do I reach the finish line?

Wind: Lester Levenson (The Sedona Method) Levenson's Six steps.

Dialogue 2: Of all the help, there is none better than destroying the pillar.
Q: Teacher Wind, are you really leaving for good this time?

Wind: Yes. I will leave this world.

Q: Directly merge with infinity?

Wind: No. No longer communicating with people. What people call isolation.

Q: Is this your inner guidance?

Wind: Yeah, once I made up my mind, I did it.

Q: Teacher, why can't you continue to help us?

Wind: Leaving is the best help. I can see the whole picture. If I stay here, no one will be free. Dependence on external figure is fatal to spiritual growth.

Q: But can you help me when I need you?

Wind: To leave completely is to help. Does an infinite being need help? When you seek help outward, that is an opportunity; be aware of it, and release it.

Find everything you want within yourself; absolute security can only be found in your infinite existence.

Of all the help you can receive, there is none better than destroying all your pillars.

(The following quote is from the book "Me and Lester Levenson (The Sedona Method) " by Stephen Seretan)

Lester Levenson (The Sedona Method) told me the world would "break his pillars," so everyone would be forced to look for answers within themselves.

“That’s good,” he said.

“It’s not an explosion, it’s ascension,” he laughed.

Currently, people are always seeking happiness in the external world through various means of escapism. Ultimately, he predicts that when the escapism from the external world becomes endless, we will be forced to retreat inward.

“This is a really good thing,” he said, “because people will be forced to find the answers and know who they really are, just like I was.” He always told me he was especially grateful for his heart condition.

Wind: When all external escape methods are defeated, you will be forced to go inward, but you can become more conscious and proactive, instead of waiting until a gun is pointed at your head before you do it.

You all know yourselves very well, even if not deeply, but you are aware of your own actions. If you have dependencies, you will cling to them. If you depend on the outside world, you cannot discover the infinite potential within. These things are very simple.

The release method, as a self-reliant approach, doesn't have many problems. All the problems arise when you deviate from the six steps; therefore, you either return to the six steps and continue releasing, or you move towards limitation.

As someone who has attained ultimate freedom, I cannot be here.

Q: Why can't the truly free people be here?

Wind: Lester Levenson (The Sedona Method) has been here for decades, repeating the same things over and over and over and over again, in his own words. He keeps saying the same things over and over.

A year before he left, he told one of his students, "I can't stay here. If I stay, you will only depend on me, and no one will be free."

Because they believed Lester Levenson (The Sedona Method) was there to guide them, they kept forgetting. Not long after Lester Levenson (The Sedona Method) left, the woman at the Sedona Institute was released.

I talked a lot with Lester Levenson (The Sedona Method) about his past. When he was alive, no one gained freedom under his guidance.

Q: Did you chat with Lester Levenson (The Sedona Method) Levenson?

Wind: I often chat with Lester Levenson (The Sedona Method) .

Q: Is this master of freedom a teacher or a student of the liberation method?

Wind: Students. No liberators were granted freedom. Moreover, most of the liberators appointed by Lester Levenson (The Sedona Method) were those he felt were less inclined towards good, that is, more inclined towards the world.

Q: How did you guys talk?

Wind: Free people need no medium to communicate. They exist at every point. There is no separation between us.

Q: I no longer have any intention of becoming a teacher of the Sedona Method Liberation.

Wind: You might have it in the future, unless you release the drivers of those programs. If you don't release them, they will keep driving you to do weird things.

All brilliance, goodness, and creativity originate from infinite existence. The mind is a mechanical program, capable only of repetition. Perhaps it can be said that a person who is freed from the mental program truly begins to live; before that, they are merely a robot constantly being driven.

Q: Yesterday, a friend contacted me to discuss the release method. He then sent me some money, which I refused, even though I'm quite poor right now. I don't want to charge for the release method.

Wind: Well, using this to make money will give you the wrong feedback. It's substituting talking about release methods for actually releasing them. These are very easy to go astray from.

Furthermore, spiritual books are most likely to lead people astray because when reading them, people deceive themselves into believing they are on the right path. When you stray, if you know you are straying, you can turn back.

Therefore, you don't need anything beyond the six steps. Lester Levenson (The Sedona Method) Levenson’s The Way is good, the books by those masters are good, and the ultimate path to freedom is good too.

But if reading them makes you stop releasing, then they're not good.

Ralph used to hold a book by Ramana Mahashi and read and study it constantly.

Later, Lester Levenson (The Sedona Method) said, "You're crazy. You could have been released." Lester Levenson (The Sedona Method) told me that he had tried countless times to correct the student's tendencies.

His students would come up with many ways to escape, such as asking "What am I?", which is a very sophisticated way to escape your feeling.

Lester Levenson (The Sedona Method) advocated this approach for a period of time, but they were merely escaping liberation.

He taught this method during a time when it was still possible to succeed. By the end of 1970, no one would succeed using this method anymore.

Q: Teacher, is there anything else you want to say to me?

Wind: **Actually, there's no need to say anything above; the less said, the better. Is accumulating mental knowledge useful? To achieve freedom, all that accumulation of intellectual beliefs and knowledge and convictions must be released.**

Even Venerable Kriya Nanda was hindered by his verbatim recitation of Yogananda's teachings. Was it useful? Absolutely not. He substituted writing and promoting his guru for actual practice. Freedom, however, must be achieved.

Q: Where did Venerable Krianandа actually go?

Wind: Venerable Kriya Nanda reached the stage of meditation, but not Samadhi.

Q: So it will still revert?

Wind: Yeah, it's useless to say anything if you can't do it.

Q: Did Master Yogananda continue to help him?

Wind: The best help is to leave.

Q: Is it the best help for Yogananda to leave Krianandа?

Wind: As long as Yogananda is alive, he will forever look to his guru, forever regarding his guru as the source of his knowledge and strength. And this is something he cannot be free from. No matter how he calls out, Yogananda will not come.

To change direction, you must find no sense of security externally. Only when you can't find a master externally will you find one within yourself.

Q: You did not rely on a guru. Is this an advantage for your success?

Wind: Hmm. And I never thought of calling upon Lester Levenson (The Sedona Method) or any other master. When I was studying Mahayana Buddhism, I leaned towards Zen Buddhism and distanced myself from Pure Land Buddhism. That was my strength; I just wanted to walk my own path.

Q: Self-reliance.

Wind: Yeah, that's been a tendency of mine for a long time.

Q: I found your sharing in the group quite helpful before.

Wind: When you feel that something is useful, you will keep looking at it. Going back to the six steps, it becomes very simple.

However, reading other texts, even the teachings of masters, even the teachings of Lester Levenson (The Sedona Method) himself, will make your mind increasingly complicated (tying yourself into knots), because the mind tends to become more complicated.

You also like ritualism, the idolatry forbidden in the teachings of Moses and Jesus. The Buddha called this kind of behavior ritualism, which means the false belief that self-sacrificing activities such as sacrifice, devotion, piety, prayer, reciting mantras are beneficial to liberation.

Actually, it's useless. All your efforts in organizing photos of masters are completely pointless. On the contrary, it's based on a wrong view, a clinging to precepts and rules (do’s and don’ts).

You believe that things related to external appearances and rituals are helpful. When you do this, you deepen this insight and distance yourself from the infinite existence that can only be found within.

You know the masters, yet you still treat them with worldly superstition.

Q: Yes, I have to admit it. So what should I do?

Wind: What to do? There's only one solution. Six steps. Release. If I told you there was a second solution, you wouldn't release it.

Q: Teacher, please point out any other mistakes I made.

Wind: You are making a mistake right now because you are not releasing, you are not releasing.

That's wrong. Any time, any place, not releasing something is wrong, even if you're listening to me.

Q: Teacher, could you leave me a letter before you leave?

Wind: No. Six steps. Follow the Lester Levenson (The Sedona Method) Levenson's six steps to reach the end. I hope that after I leave, you will no longer rely on those words or anything else, but will go directly to the end.

Again, nothing more than the six steps is needed. Whatever happens, it's just the six steps.

Dialogue 3: Accumulating conceptual knowledge will only unconsciously lead you astray from the path of freedom; the clarity gained from reading materials cannot compare to the actual clarity gained from liberation.
March 17, 2020

Big Yellow Cat: Teacher Wind, can I say that reading aloud and reading books are both ways of escaping and releasing stress?

Wind: Yes. And reading spiritual books, in particular, has a negative effect.

Tiancheng: Teacher, what are the negative effects?

Wind: **Because it replaces the act of truly being free with talking about freedom. When you watch a movie or read a novel, you know you're going in the wrong direction; you're conscious of it. But when you read spiritual books, you think you're on the right path; this deviation is unconscious. That's the bad effect.**

Another point is that accumulating knowledge about states you haven't yet experienced can lead to many erroneous assumptions. These assumptions won't actually help you reach that state; instead, they can hinder it or cause your mind to mistake something that isn't that state for it.

(Feng then quoted some words from "Lester Levenson (The Sedona Method) Levenson's Explanation of the Liberation")

Anything you develop in your mind will prevent you from reaching the top. The mind is your greatest enemy.

All this suffering is meaningless; I've had enough. I'm ending it all. I will do everything I can to stay in this state.

It will take a month, maybe two months, before you release all the AGFLAP (repressed feelings). But all in all, I believe we have the only way to release the mind by bringing subconscious programs to the surface, thus allowing the mind to become still.

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them. You're too low right now to attack the desire for security. You're overwhelmed, you're terrified of death, so you let it run its course. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

But as you can see, our approach is actually about unleashing the mind's drive. Don't try to develop your mind; that's developing your enemy, developing what binds you.

Big Yellow Cat: Teacher Feng, organizing your materials has been very helpful; I feel much clearer-headed now.

Wind: That can't compare to the clarity brought by release.

Tiancheng: Yes, anything that develops the mind is an obstacle, even the teachings of masters.

Big Yellow Cat: Teacher Feng, this is truly mind-blowing. I always felt that reading Teacher Feng's materials and the masters' materials were stepping stones to growth; understanding these theories is essential for better self-expression.

Wind: That makes you feel good about yourself, but you're not releasing anything.

(Feng then shared two short video clips from the Liberation documentary "Going all the way - documentary film about Lester Levenson (The Sedona Method) Levenson")

Ralph encountered the exact same problem when he was studying Ramana Mahaśrī's book, which included questions about meditation.

The release method is the most efficient method; it requires no meditation, no rituals, no prayers, no mantras, no idol worship, and no group blessings. In fact, combining it with anything will only weaken its power and slow down its effects.

Release using only the release method, following the six steps.

Big Yellow Cat: Teacher Feng, in the second video, it says, "You acquire these conceptual things entirely in your mind." When I read that part, I didn't quite understand. Today I realize that if you don't release them, no matter how much your mind knows, it's useless.

Appendix Three: **Implement the Lester Levenson (The Sedona Method) Levenson's six Golden steps, or you'll either solve it within a month or two, or you'll never be able to do it in your lifetime.**
2020.12.16

Sui Le: Wouldn't it be faster if we used the methods of love from Lester Levenson (The Sedona Method) 's book "The Power of Love" while simultaneously releasing our emotions?

Wind: No. In fact, Lester Levenson (The Sedona Method) told you in the audio that he took three months, and that included time for exploration. He said that if he had known the six steps from the beginning, he would have only taken a month or less.

Simple, or impossible.

If you can't do it in a month, or even two months, then freedom is impossible for you.

You can't drag it out for a long time. You can't say, "I'll do a little bit every day, and then I'll be free in a dozen years."

If you follow these six steps, you'll either solve it within a month or two, or you'll never be able to do it in your lifetime.

Why can't it be dragged out for too long?

Wind: Because if you're not free for a month or two, then you're not on the six steps. How can you be free if you're not on the six steps?

Sui Le: Can we simply use the six steps without combining them with love practice?

Wind: Yes, the six steps make up the complete map, and you don't need to add anything else to it.

By following the six-step release method, you can reach an extremely high state within a week, and even enter the Nirbhabha Samadhi.

If you drag out this process, it definitely won't be in the six steps. Lester Levenson (The Sedona Method) tells you that one release is equivalent to several months of meditation, and one

release only takes a few seconds. You only need a few seconds to achieve the same effect as months of meditation; this method is extremely efficient.

In an era of interconnected everything: Where did we go wrong? Even a single day of release cannot reach that level.

Wind: **You can look at the six steps to see if you're in them. If you are in the six steps, your release will be continuous, and your joy will continuously increase.**

In an era of interconnectedness: The first step is definitely not possible. The second step: will this decision of freedom determine freedom itself, or will it determine liberation?

Wind: Make free decisions. Decide not to stop until freedom is achieved. When the Buddha sat under the tree, he decided, "I will not rise until I find the path to liberation."

At this stage, can't we ignore the first and second steps for now? We'll only use these two steps when we get the pre-flow results.

Wind: It's not about ignoring the first and second steps. Achieving the first step fully requires pre-flow, but you can't achieve pre-flow if you don't actively utilize the first and second steps. The six steps require your active implementation, and once you've thoroughly achieved the first step, the remaining five steps will guide you.

In an era of interconnected everything, sometimes freedom isn't what we really want.

Wind: So the most practical thing for you is Lester Levenson (The Sedona Method) 's most recommended teaching: get everything by releasing only.

Because you always have desires, and you decide to obtain everything you desire through release, you will also keep releasing.

All happiness comes from a state of inner mental stillness, where you see a greater extent of infinite existence, though you mistakenly believe it's brought to you by external people or things. The sole source of happiness is your own infinite existence. The pleasure of sexual climax is merely a temporary moment of mental stillness. What is the happiness of achieving a goal? It's allowing your mind to be still temporarily when you acquire something. When you chase after the world, you are developing your mind, making it more chaotic, which intensifies suffering. The only way to relieve suffering is to change direction and quiet your mind. Because the sole source of happiness is infinite existence, only with a still mind can infinite existence reveal itself in greater detail. It's that simple. —Wind

Appendix 4: By taking full responsibility for the entire world you create and remaining conscious of it, you can consciously create what you want.
March 14, 2021

Q: Teacher, could you explain how karma works?

Wind: Karma is an unconscious program/thought, and the program creates every thought of yours. Your thoughts are not free, therefore your actions are not free either.

Q: Teacher, please continue talking about karma.

Wind: Karma is a program, actions, and reactions. Question: How does it work? Wind: Programs drive thoughts, and thoughts project onto the world; that's how it works. The world is just a display screen; whatever you do in the world is like smashing the screen, you can't change any of the plots playing out inside.

Q: So, simply releasing the program can change the world?

Wind: Yes, it should be said that only releasing the program can change the world; otherwise, the world will behave according to the predetermined program. Within the program, you have no free will unless you decide to release it. So, whatever you wanted to do before...

No matter what, I would say, "Let it go. Making a fuss is useless; it's just being driven by a program, repeating past karma, nothing more."

Q: Can I change my family's world through release? For example, I want to heal my mother's illness through release (even if the illness is something she herself has pre-set).

Wind: Okay.

Q: So, I can change someone else's karma by releasing them? Wind: You don't change someone else's karma. Q: Isn't that interfering with someone else's life?

Wind: This is the harmonious workings of the universe. You can't interfere with karma at all; that's for free people. Because free people can do anything and transcend all karmic constraints. You are currently driven by karma; all your desires are part of karma, so what affects you is your own karma, including your mother's illness—that's your karma.

Q: My karma?

Wind: You can't say you're interfering with someone else's karma; interference is a big word. Question: This is her life, why is it my karma? Wind: You can't interfere with someone before liberation. There is no separation; she is a part of your life.

Q: Before she came, she predetermined her own life, that is, her karma, which led to her illness. Is this also my karma?

Wind: She is just a scene in your life.

Q: Oh my god. So, I can control the entire world I see by releasing it?

Wind: Lester Levenson (The Sedona Method) has said it many times. Don't be so surprised as if you just heard it. (laughs) Answer: Hahahaha, this really surprised me.

(The following quote is from a dialogue between Lester Levenson (The Sedona Method) and others in "The Last Step to Complete Freedom." To help everyone understand better, I have included a more complete bilingual version.)

Q: if we see that the other one needs help is it just us that needs it?

Q: If we see another person who needs help, does that mean we are the only ones who need help?

Lester Levenson (The Sedona Method) : You can help the other one to help himself. If you do things for the other one, you cripple the other one. But we can help others to help themselves.

Lester Levenson (The Sedona Method) : You can help another person help themselves. If you are...

One person's actions weaken another. But we can help others to help ourselves.

Q: Mainly by our change of attitude?

Q: Does it mainly depend on a change in our attitude?

Lester Levenson (The Sedona Method) : That's part of it; **just changing your attitude toward the other one helps the other one. The more we see the perfection of the other one, the more we're supporting the other one toward that perfection. You change your attitude and the other one will change; watch it.**

Lester Levenson (The Sedona Method) : That's part of it. You can help someone simply by changing how you treat them. The more we see perfection in someone, the more we support them in moving towards that perfection. You change your attitude, and the other person changes. Just watch.

Q: To change my attitude, do you mean my basic understanding that he's part of my consciousness and there's nothing but perfect consciousness and not think of him as an individual limited?

Q: To change my attitude, do you mean that he is part of my consciousness, nothing but perfect consciousness, instead of treating him as a finite individual?

Lester Levenson (The Sedona Method) : Yes. That's an excellent way to do it. It works,

Doesn't it?

Lester Levenson (The Sedona Method) : Yes, that's a great method. It works, doesn't it?

Q: It works perfectly, yes. It works instantly.

Student: It works perfectly, yes, it works immediately.

Lester Levenson (The Sedona Method) : People will actually fit our consciousness of them.

Lester Levenson (The Sedona Method) : People actually become what we perceive them to be.

Q: Then, if Lillian tells me she wants a bigger house, I've got to clear my own consciousness to let her fulfill my desires. Because it's only in my thoughts that I have her considered, isn't that right? I don't have to consider Lillian; it's only me that I have to consider, my own happiness, then she is happy. That is, my own happiness would be to go to the ultimate happiness—

Student: So, if Lillian tells me she wants a bigger house, I have to clear myself of the conscious thought that I want her to fulfill my wish. Because it's just my thought that made her think of it, isn't it?

I don't need to think about Lillian; all I need to think about is myself, my own happiness.

If she is blessed, then she will be happy. In other words, my own happiness will be the path to ultimate happiness…

Lester Levenson (The Sedona Method) : But you gotta separation: Lil and me.

Lester Levenson (The Sedona Method) : But you have a separation: Lillian and me.

Q: I always had this problem, you know, since I've known you.

Student: I've had this question for a long time, you know, ever since I met you.

Lester Levenson (The Sedona Method) : You didn't have it at times; you would say, "Who is Lillian but my consciousness?"

Lester Levenson (The Sedona Method) : Sometimes you don't, you say, "Who is Lillian besides myself?"

Q: **Yes. I say that. I just said it a few minutes ago: I've only got to deal with my own consciousness.**

Student: Yes, I did. I just said a few minutes ago: I only need to deal with my own consciousness.

Lester Levenson (The Sedona Method) : OK That includes Lillian. right?

Lester Levenson (The Sedona Method) : Okay, so that includes Lillian, right?

Q: Yes, that's right.

Student: Yes, that's right.

Q: That includes a bigger house, too. (Laughter.)

Student: That also includes a bigger house. (Laughter)

Q: I'11 have to get rid of a limitation within my own consciousness. That's all I'm dealing with anyway: I'm not dealing with Lillian or houses or land, I'm dealing with my own consciousness. The blocks are within myself or the unlimitedness is within myself. And, as you said: If I'm an infinite Being now, I can do it now! I won't have to wait until I get home.

Student: I must break free from the limitations in my own consciousness. This is everything I'm facing: I'm not dealing with Lillian, nor with the house or the land; I'm dealing with my own consciousness. The obstacle is within myself, infinity is within myself. And, as you said: if I am infinite right now, I can do it right now! I don't need to wait until I get home.

Lester Levenson (The Sedona Method) : Right.

Lester Levenson (The Sedona Method) Levenson: Yes.

Q: We're going to the moving quick!

Students: We need to act quickly!

Q: By the time you get home, Lil, you're going to be happy with your house. as is.

Student: When you get home, Xiaoli, you will be happy with your house.

Lester Levenson (The Sedona Method) : If you accepted it, that same house could be twice the size, when you went home. It would be so natural you wouldn't even notice it. You'd just move into a home twice the size that you left.

Lester Levenson (The Sedona Method) : If you accept that when you come home, the same house can become twice the size. It will be so natural that you won't even notice. You'll simply enter a house twice the size you left in.

Q: So, does this mean that my mother's illness, my relatives' debts, and so on are all my karma?

Wind: Karma is your desire. Programs are feelings, driven by desires.

Taking full responsibility means that you are fully responsible for the entire world you create, including the rising sun, the movement of dust, and the vibration of atoms—all of which you created. You are simply unaware of this. By becoming conscious of it, you can consciously create what you want, rather than what you don't want.

Q: Teacher, can I help them heal through release? Even if they've been paralyzed for years?

Feng: I've actually answered this type of question many times. Regarding questions like "Can you do xxx?", I hope you remember a quote from Lester Levenson (The Sedona Method) : "Every impossible, no matter how impossible, becomes immediately a possible, as you completely release yourself on it."

Q: Teacher, what exactly do you mean by the harmonious operation of the universe? For example, is my healing of my family through release part of the harmonious operation of the universe?

Wind: The moment you have an idea, she will have a corresponding idea, exactly the same. Therefore, you don't need to change her mind through words or actions; you only need to process your own thoughts, and the world will change.

Ultimately, there's nothing to do except release.

A: Okay.

Appendix Five: Every time you release something, you help everyone.

Q: Did Lester Levenson (The Sedona Method) merge directly into the Infinity after leaving the world?

Wind: I told you this a long time ago.

Q: Later I heard you say that after Lester Levenson (The Sedona Method) left, many of his disciples saw him.

Wind: merely in some form.

Q: You also said that after merging into the infinite, you will not appear in any form.

Wind: To merge into infinite existence is not to disappear, but to exist without form.

Q: Ralf said that Lester Levenson (The Sedona Method) came to see him the day after he left. In what way did Lester Levenson (The Sedona Method) contact him?

Wind: In dreams. You can see Lester Levenson (The Sedona Method) in any form. Lester Levenson (The Sedona Method) is no longer a body; Lester Levenson (The Sedona Method) is now with everyone, in an infinite "form".

If you want to see Lester Levenson (The Sedona Method) in astral form, you will see him in astral form. If you want to see Lester Levenson (The Sedona Method) in physical form, you will see Lester Levenson (The Sedona Method) in physical form. It depends on your receptivity.

But he exists everywhere, at every point, in no place where he does not exist at this moment. Having merged into infinity, he will no longer appear in any form.

Q: If I have enough acceptance, is it possible for me to see Lester Levenson (The Sedona Method) in physical form?

Wind: Hmm, this isn't his "appearance," he's here right now. It's just that you haven't projected his physical form. It's not that a "Lester Levenson (The Sedona Method) " has appeared as a physical body, but rather that you're trying to communicate with a "Lester Levenson (The Sedona Method) 's" physical body.

If many people around the world simultaneously project Lester Levenson (The Sedona Method) 's physical body, they will all see Lester Levenson (The Sedona Method) 's physical body at the same time. However, this is not because Lester Levenson (The Sedona Method) has descended, but because of the omnipotent effect of being in infinite existence.

Q: After Lester Levenson (The Sedona Method) merged with the Infinity, he no longer became a physical body, but rather existed as an "infinite being." But if I wanted to see Lester Levenson

(The Sedona Method) in physical or astral form (if I could accept that), could I still see Lester Levenson (The Sedona Method) in physical form?

Wind: Yes. Jesus and Buddha, both are fine. Lester Levenson (The Sedona Method) even told his students that you could have coffee with Jesus.

Q: To merge into the infinite, no longer being a single body (physical, astral, causal), and no longer subject to reincarnation. Does a Siddhartha exist in every point in the universe as an "infinite being," continuing to help others?

Wind: Hmm.

Q: Would a Siddhartha continue to help others attain freedom, only in an infinite form, not in a physical body?

Wind: It unconsciously projects itself onto everyone, helping others to attain freedom. In fact, Siddhartha's help is the greatest; it exists on an infinite level, but your mind cannot comprehend it. Therefore, you feel that the teachings of language and words are more helpful, but in reality, the intangible help is the greatest.

Q: Siddhartha helps all life and all existence, while a Jivan Mukhtar only helps a few?

Wind: Givamukhatha also helps all life; the masters are unconsciously projecting their influence onto all life, even if you are in a cave. However, Givamukhatha's game of helping others is not yet over; some limitations remain. Siddhartha is a perfect being.

Q: Jivan Mukhtar also helps all life. Which specific stage is being referred to here as Jivan Mukhtar?

Wind: From the first fruit to the fourth fruit.

Q: Can a Stream-Enterer also help all life?

Wind: Yes. Not just for the Pre-Stream Saints, every time you release something, you are helping all life. The world is merely a projection of the mind.

Q: How can you help her? For example, if I reach Nirvana Samadhi, but my mother doesn't study or practice, can I still help her?

Wind: That's much more helpful than sharing. People don't know how karma works. Releasing karma makes you more selfless, and as long as you have a selfless mindset, your mind will project a more perfect world. That's true help.

However, in the AGFLAP state, so-called helping others is merely self-gratification (ego gratification); the growth of the ego itself does not generate much help. As long as you are free, even doing nothing in a cave is more helpful than all the activists combined.

Q: Every time I release something, it helps my world, and it can also help my mother's world?

Wind: Yes, every time you release something, it helps everyone.

Q: Every time I release something, it helps everyone's world. Does "everyone" mean everyone?

Wind: Everyone is everyone.

Appendix Six: Once enlightened, one goes astray.
2021.1.3

Yitian: "Wanting" is on the surface, this is my great discovery this morning.

I am Infinity: This is a breakthrough. With this breakthrough, you can become more and more aware of what you want, and then you can try to release it.

Wind: Breakthrough Duo. (laughs)

Yitian: I finally made a breakthrough, and you all humiliated me.

Wind: No need for a breakthrough. Just use it directly. You see, every time you break through, you have to mentally summarize it, right? And what you summarize is all conceptual stuff. You think you can gain experience just by translating a concept into language?

Yitian: I might break through this afternoon.

Feng: **You could break through in the next second, don't delay. A breakthrough isn't about understanding something intellectually; it's about experiencing and releasing that feeling. Being able to continuously experience and release that feeling is an even bigger breakthrough. Understanding something intellectually is a false breakthrough. There's a misconception here, let me explain.**

Often, when people try a method but it doesn't achieve the desired results, they start looking for a solution. It's like when someone isn't driving well, they think, "Is there some other trick?" Behaviorally, they ask this and that, seizing any opportunity that brings them relief. They hear a viewpoint, try it, find it helpful, and then suddenly realize, "I understand!" This approach is wrong.

For example, if you are too tense right now, and someone tells you to relax, and you relax, you find that you can release tension, so you define relaxation as a trick.

Then I got stuck again. Someone told me to allow it, and when I did, I found that it worked. So I defined allowing it as the trick.

The more "tricks" you accumulate in your mind, the harder it becomes to release them, because you are constantly paying attention to them.

The real trick is to keep it simple. Go back to the simplest release process.

Asking those who have successfully achieved release is pointless, because they cannot summarize the reasons for their success. Many people can achieve release, but their conclusions are based on imagination and are flawed. It's like asking Jack Ma why he can make money; he himself doesn't really know.

It's actually very simple. If there were any tricks and principles to releasing it, why wouldn't Lester Levenson (The Sedona Method) tell you?

The experience of the release method is that the more you release, the fewer things you need to pay attention to, and the simpler things become.

Just like riding a bicycle, once you learn how, you just get on and ride; you don't need to think about how to ride. You don't need to think about whether to step on with your left or right foot first. **This is achieved through a lot of release, not through a rational / intellectual understanding.**

(Wind then quotes a speech by Lester Levenson (The Sedona Method) in The Way Part 3.)

Lester Levenson (The Sedona Method) : When I try to explain an experience to you, it's like trying to tell you how to fly a plane or even drive a car. I say it's just about inserting the key, shifting into drive, stepping on the gas, and then you're off.

If you want to drive to the right, you turn the steering wheel to the right; if you want to drive to the left, you turn it to the left. Can you learn to drive? Even if you know everything you need to know to drive, can you still drive? No, you need to experience it.

This is even more true when flying an airplane. I tell you how to fly a plane, you take off, and land quickly. The experience, on the other hand, is like throwing you onto a bicycle. I can tell your mind how to ride a bicycle, but you won't know how until you experience it.

When you experience it, you cannot intellectually transfer an experience to another person; they must experience it for themselves. This is the clear difference between experience and intellectual understanding.

Intellectual understanding doesn't give you the ability to experience; it can guide you toward experience, but it won't give you an experience itself. Because experience doesn't reside in the mind; thinking is not experience.

Wind: Just like learning to ride a bicycle, you just try it out, and you'll learn after falling a few times.

Lester Levenson (The Sedona Method) : But as you can see, our approach is actually about unleashing the mind's drive. Don't try to develop your mind; that's developing your enemy, developing what binds you.

Wind: **The more "intellectual understanding" you have of the method of release, the more you realize that you are on the wrong path. The better the release, the less intellectual understanding there is.**

You know it's a feeling, you know it can be released, you know what release is, you know that after release your mind is at peace, and you have all those experiences.

Lester Levenson (The Sedona Method) : Yes, you release your love and hatred for the world, sip by sip. But you need to take a big sip, not these sips.

So you use what you're doing to release. Understand that the only effort you need is to get rid of your effort. That's what you're doing in the world, using your effort to get rid of your effort, but in your existence there's no need for any effort; things instantly become material and antimaterial.

However, you try to understand it with your mind. You can't, because your mind, your intellect, is an obstacle, an accumulation of limiting concepts. So you can't understand in your mind that you can be your being, that you are your being right now.

You don't have to be a restrictive frame; this is something you need to release in your work and daily life. You release all attachment and hatred, and rid yourself of all the emotions associated with you. Did I answer your question?

Student: Yes, I don't think I tried to figure it out, but I can say I can skip a part. You answered my question.

Lester Levenson (The Sedona Method) : You can't figure it out.

Wind: Note: You can't figure it out. You still need to put in the right effort. Actually, it's still important to keep things simple. **Let me talk about a habit I also had. In the past, when I**

experienced release, I would subconsciously try to summarize it. Never summarize! A mental summary will lead you astray for a long time.

If you've released it well, then keep releasing it; if you try to understand it in your head intellectually (not in actual experience), you'll go astray.

Someone once told me: "Once you gain some insight, you go astray." This statement greatly helped me later in life.

Record what you learn, not your mental understanding of the method, because those understandings are truly limiting. The method page only needs to contain six steps.

After I achieved Samadhi through continuous release, I looked back at my previous bizarre understandings and felt that I was very stupid.

I realized early on that communication didn't help me. Communication is just about everyone talking about their own problems and then mutually agreeing on their own limiting ideas, so most communication is useless.

The communication between practitioners is simply about each other expressing their own mental understanding and misleading each other.

Just send the method, or directly send the master's teachings.

I used to have a pretty good Theravada group, a Vipassana group chat. People were usually quiet, and would occasionally post a passage of scripture without adding their own commentary.

Later, as more people joined and started intellectually discussing their experiences, the group became useless. Experiences that have been mentally processed don't help people; they only mislead them.

Appendix 7: Men and women each have their advantages in the process of release; only by balancing these characteristics can the final goal be reached.
2021.1.3

Tiancheng: You said in the past that there are more female masters than male masters, is that true?

Wind: The difference is not much, and the masters are neither male nor female.

Tiancheng: Because it is rare to see female masters, it seems that people think it is difficult for women to achieve enlightenment.

Feng: Female masters are not as accepted by society as male masters, so they choose to live in seclusion. Once people's collective consciousness embraces gender equality, female masters will emerge.

Tiancheng: Is it actually that women are more likely to achieve enlightenment than men? Because women are more emotional.

Wind: Men and women each have their strengths. Women's strength lies in the beginning, because they operate on the basis of feeling. Men's strength lies in the activity of their intellectual center, thus giving them a stronger willpower to reach the end.

Tiancheng: Intellectual Center, what is that?

Wind: Between the eyebrows.

Tiancheng: The Third Eye?

Wind: Hmm. Men are generally more willing to find answers, while women often stop at mere pleasure.

Tiancheng: What advantages do women have to reach the finish line?

Wind: But most men don't even get started; they just think about it. Women go faster, but they tend to get stuck in pleasure. Overcoming this, balancing these traits, will lead to the finish line.

Overcoming one's own mental inertia and sexual desire is also a form of balancing behavior for men.

Both sexes have their advantages, but ultimately you need to find a balance.

Tiancheng: How many of the 30 masters in the world today are women?

Wind: I won't say that. And it's meaningless, because if I create a female body tomorrow, I'll be the female master; the body is just an image that can be transformed.

Appendix 8: Let us join hands to present the original release process authentically to everyone.

[October 21, 2020: Spread the original Sedona 1992 liberation method without coercion, but do not use it to collect money.]

Wind (Feng) : I spent four years searching for information, and at the same time, I was also releasing my pent-up emotions. Later, when I went abroad and came across Lester Levenson (The Sedona Method) 's later audio recordings and the 1992 course, I finally understood a concise and complete map. It is very clear, concise, and powerful; it is a complete map to freedom.

In particular, Lester Levenson (The Sedona Method) 's later audio explanations of the release method are very helpful. After learning the release process, you can focus on watching Lester Levenson (The Sedona Method) "The Way" series, which contains Lester Levenson (The Sedona Method) 's direct teachings. It will clarify many issues and provide great encouragement.

You are welcome to spread the original release as much as possible without being forced, but please do not charge any money for it.

[October 23, 2020: Only by maintaining free dissemination can the purity of the Liberation Dharma be preserved.]

Feng: Today, I guided that group member because she had never experienced releasing emotions before. So, I started with the three questions about releasing emotions and then guided her to take it a step further. Even those who haven't experienced releasing emotions before can learn quickly by following the course sequence.

Lester Levenson (The Sedona Method) points out that if you don't want freedom that much, you'll be pulled back by the world, and the only reason you won't succeed is because you don't want it that much.

Therefore, even if there are methods, I still don't think most people can be free, but at least we should provide the tools to people so that those who need help can receive it.

However, during the process of disseminating this method, I had a strong intuition that any charge would undermine the original method's essence. Therefore, I hope that everyone will refrain from charging a single penny for sharing this method.

Most importantly, you must do it yourself before you can teach others. If you cannot achieve abundance yourself, and cannot obtain everything you desire through giving, then you cannot teach others. You will inevitably modify or add some limiting concepts to it.

If you can't run an institution simply by releasing resources, but by charging fees, you can't maintain your integrity.

[October 30, 2020, Wind: I hope the Sedona Method Liberation will continue to be spread free of charge]
Netizen: What do you think of this paid sharing?

Feng: My personal hope is that this can be shared for free, but that's up to you. Because these things were restored through the selfless dedication of many people, and I only did some of the work.

I want it to remain free for two reasons: First, there are already enough liberation organizations out there, and none of them are about awakening. I see free access as a way to ensure its authenticity. The second reason is that, for yourself, charging a fee can actually hinder your growth. That's my view, but they're not mandatory; you can still choose to do what you want. (laughs)

Finally, continue releasing the energy, following the six steps.

Netizen: Was Lester Levenson (The Sedona Method) Levenson's teaching actually free or paid?

Feng: He started by offering it for free, but then not many people listened, and even those who did didn't use it, so he started charging for it.

Netizen: Hmm.

Appendix Nine: After improving yourself, don't forget to help others to further promote your own liberation.
2020.11.26

A netizen commented: "I don't want to make money through the releasing method anymore; I'll use it to achieve freedom. I did have the idea of making money by teaching the releasing method before. But then I thought, 'Get everything by releasing only,' so I can directly obtain money through releasing, why go through all that trouble?"

Wind: By using the method of release, you can gain more money, and you can also earn things countless times better than money. Yes, why try the method of struggle? (laughs)

Netizen: Yes.

Wind: It's wise to release it directly.

One netizen commented: "So now I'm a bit reluctant to share the release method anymore. I just want to release directly and achieve freedom. But if anyone wants to learn it, I feel I will share it to the best of my ability."

Wind: Yes, try to prioritize your own release. Before you're fearless (released), sharing comes with a desire for control and validation.

Netizen: Yes, I could clearly feel it.

Wind: Fearlessness is 50% selfishness and 50% selflessness. After that, you can decide to help others, which will promote your own liberation. If you're still focused on your own ego at that point, you'll stop liberating—Lester Levenson (The Sedona Method) 's videos cover this. But for now, focus on your own liberation.

Netizen: What does it mean to stare at your own self-awareness?

(The following is a transcript of an explanation from videos 3 & 4 celebrating Lester Levenson (The Sedona Method) Levenson's 100th anniversary.)

Lester Levenson (The Sedona Method) : The more free you are, the more you want to give. You have to start giving. You should want to help anyone. In fact, you make this the meaning of your life, and you start on this path.

You must become "Jesus Christ." If he were here, what would he do? Start a company, run a religious business, and make some money? His only interest would be helping others.

I think most of us who complete the course realize that we are making the world a better place, and then they start to enjoy their lives.

Ask Mike (the student who uses the release method), and he'll tell you that Mike stopped. When he was up there (referring to reaching the peak of release), he had those things, and then he found he needed to keep releasing. Remember you told me that? But you stopped; you've reached the peak, and you just need to keep going, and you'll get to that place where you can create things instantly with your mind.

When Lester Levenson (The Sedona Method) first met Mike, he struggled to even buy a few cups of coffee. For a while, he was filled with negative thoughts. Then one day, he started setting goals (Lester Levenson (The Sedona Method) recounts Mike's transformation, including his role as an actor in a movie). His next goal was a six-figure sum, which he achieved effortlessly and beautifully.

Then he started going to extremes, buying houses, sports cars, and so on...

He actually had the answer: it needed to be sustained (through release). Later, when we reunited, I said, "Mike, shouldn't you start helping others? That way you can go further."

He said no, and then he got stuck.

He has his own material playground, but you can't stay in it forever; you're either going up or down. That's the lesson Mike taught himself: you can't stop; you should keep releasing.

Mike, if you continue, you won't be in this state. I mean, you can reach that state where you can dematerialize (decompose) the body and then materialize (reshape) it, creating anything instantly with just a thought.

Note by Yiman: Lester Levenson (The Sedona Method) also spoke with Mike in "Goals and Winning" to remind him that he shouldn't stop releasing.

Mike had previously been released to secure a major role in a Broadway film, and later set his sights on making movies in Hollywood and amassing a six-figure fortune. After achieving these goals, he became obsessed with fame and material possessions, and stopped...

Mike stopped releasing. Lester Levenson (The Sedona Method) said he released better than the other graduates at that time and should have continued to release and move forward, but Mike stopped releasing.

Lester Levenson (The Sedona Method) said to Mike, “Anyway, you stopped, that’s it. Look at the six steps, there’s no stopping in the six steps. Don’t let anything stop, you just keep moving forward. After that time you talked to me, you could have been completely free for about a month, but you stopped. You wanted everything in the world, but you forgot that inner happiness is so wonderful, not worldly things.”

In Mike's case, there are two very important points:

First, no matter how good your state of release is, don't stop until you reach the end (Total Freedom), because if you don't move forward, you fall behind.

Secondly, after you have achieved personal growth, don't forget to help others. In his book *The Path to Ultimate Freedom*, Lester Levenson (The Sedona Method) also says, "As consciousness expands, our love automatically increases. By helping others, we help ourselves achieve our goals and grow further. Only when we have an attitude of love, compassion, and oneness with everyone, and want others to know what we know, can we move towards enlightenment."

In the book *Conversations with Yogananda*, it is mentioned that he (Yoganandada) once told me that a soul must liberate six other souls to achieve liberation. I (Walter) think that God does

not want us to seek Him only for ourselves, nor does He want us to merge with the Infinite before helping others.

Helping others is helping yourself. Feng once encountered a similar situation to Mike; he achieved self-help and a breakthrough in liberation through helping others.

Wind: I had a period of release two years ago, lasting for a week. At that time, the agflap in my mind was almost cleared, and I was in a very comfortable state, and the world around me showed unprecedented harmony.

Then, I didn't do any release for a full six months. Then those agflaps came back. I even forgot how to release my emotions and desires. I was stuck for a long time, which is why I joined the group to communicate.

Later, I discovered that people in the group seemed unaware of the existence of Lester Levenson (The Sedona Method) 's later audio and the original release method, so I translated two articles from "Lester Levenson (The Sedona Method) The Way" and "Original 1992 Sedona Method Lesson ".

During the translation process, I reviewed the material myself and remembered the key points. So I continued to work on it, remembering the lessons learned last time, and moved forward one step at a time.

Never stop before you reach the finish line. Because once you stop moving forward, you're going backward.

After I started sharing, I don't know why, but I also felt more cathartic. Every time I finished translating or sharing, I had more motivation to release my emotions. This truly reflects what Lester Levenson (The Sedona Method) meant when he said that helping others is helping yourself.

Lester Levenson (The Sedona Method) : We help ourselves by helping others. We don't need to actively seek out people who need help; they will naturally enter our lives. It is an obligation to help those who genuinely seek guidance. Remember, you are me. Interestingly, as we begin to live more expansively, thinking less about ourselves and more about others, we are actually helping ourselves. But the world doesn't see it that way; they might interpret it as us helping others. But no one needs help except ourselves; we are the greatest beneficiaries. By helping others, we help ourselves achieve our goals. Helping those in need, making them happier, doesn't mean giving up our own growth; we must never stop growing. We grow further by helping others. The best thing we can do for others is to help them help themselves. You can only help others when you have corrected yourself. I repeat, if you cannot help yourself, don't help others. But try to help others, because that will help you help yourself. — Chapter 19, *The Road to Ultimate Freedom*, How to Help Others

Keep it simple, follow these Lester Levenson (The Sedona Method) Levenson’s Golden six steps to reach the finish line (True Freedom – Beingness)
— Wind (Feng)

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A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom

A Conversation with a Master | Enlightened Beings are Omniscient, Omnipotent, and Omnipresent

A Conversation with a Master | Awakening is complete free will; once free, one is free forever.

A Conversation with a Master | Every time you release something, you help everyone work in harmony with the universe.

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How to achieve and complete the first step of the six steps? (Part 1)

The profound impact of the release method on all aspects of life

Wind's pursuit of freedom

Untitled 2021-12-31

[On Freedom] Why do I want to play this game of having a finite body?

You can't force yourself to release; you'll only release when you see the benefits it brings. So please constantly confirm the gains you get from releasing and your direction.

Just follow the process and focus on releasing your energy in this moment.

Sustained release is important, and it's also simple.

When you continuously release, you will automatically isolate yourself; when you are determined to turn inward, nothing and no one can disturb you.

Wind's Sharing: On Resistance, Unwillingness, and Escape from Release

The first step of the six steps corresponds to "stream-entry" in the Agamas and "Nabhikāpā Samādhi" in Yoga science.

Why does the Sedona Method Release Technique release method emphasize the word "original"?

"Six Steps to Talking About Wind" Serialized Part 1 | Editor's Preface: Implementing the Six Steps to Release

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"Six Steps to Freedom" Serial 9 | How to Get to Freedom Faster

"Six Steps to Talking About the World" Serial 10 | The desire for freedom is not based on hatred of the world

"The Six Steps of Wind's Talk" Serial 11 | Wind recounts how he achieved the first step: wanting freedom more than wanting the world.

"Six Steps to Wind" Serial 12 | Wind: I saw what Lester Levenson (The Sedona Method) said about all happiness coming from within, and I decided to go towards freedom.

"Six Steps to Freedom" Serial 13 | If you truly decide to be free, you will do it immediately; if you truly decide to be free, you will not stop until you reach freedom.

"Six Steps to Talking About Freedom" Serial 14 | Whether or not to decide on freedom is entirely a matter of free will; no person or thing can make that decision for you.

Untitled 2021-12-02

Untitled 2022-02-18

Six Steps of Wind Talk
Foreword

The release method is the only simple and efficient way to achieve freedom today.

Explanation of the 1992 Original Release Method course video

The Six Steps to Freedom

About the six steps

Feng Tan's Six Steps: Step 1

Feng Tan's Six Steps Step 2

Feng Tan's Six Steps: Step 3

Feng Tan's Six Steps: Step 4

Feng Tan's Six Steps: Step 5

Feng Tan's Six Steps Step 6

Appendix 1: After experiencing the simplicity and efficiency of release, I abandoned all other methods.

Appendix II: Wind: Nothing else is needed besides the six steps. Whatever happens, it's just the six steps.

Appendix Three: Implement the six steps; either you solve it within one or two months, or you'll never be able to do it in your lifetime.

Appendix 4: By taking full responsibility for the entire world you create and remaining conscious of it, you can consciously create what you want.

Appendix 5: Every time you release something, you help everyone.

Appendix Six: Once enlightened, one goes astray.

Appendix 7: Men and women each have their advantages in the process of release; only by balancing these characteristics can the final goal be reached.

Appendix 8: Let us join hands to present the original release process authentically to everyone.

Appendix Nine: After improving yourself, don't forget to help others to further promote your own liberation.

Missing articles
The shortcut to freedom mentioned (1 article missing)
Lester Levenson (The Sedona Method) 's favorite and most practical teaching: Everything is gained simply through liberation.
Wind: By following the six steps, the entire journey can be completed in one to two months, reaching the destination.
A key aspect of emphasizing goals and setting them is...
A Conversation with a Master | Lester Levenson (The Sedona Method) Levenson's Teachings Emphasize External Recognition and the Entire Process of Achieving Freedom
By practicing "get everything you want simply by letting go," you can achieve this through six steps.
How can I quickly and empirically achieve the first step?
After achieving freedom through the six steps of the Liberation Act, Kam left a letter (click the link to view).

The Wind's Conversation with the Six Steps (Part 1)

The Wind's Conversation with the Six Steps (Part Two)

The Wind's Conversation with the Six Steps (Part 3)

The Wind's Conversation with the Six Steps (Part Four)

The Wind's Conversation with the Six Steps (Part 5)

The Wind's Conversation with the Six Steps (Part Six)

The complete map to ultimate freedom using the release method.

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Lester Levenson (The Sedona Method) 's explanation of the release method

End of Table of Contents

THE END of PDF.

[PDF Title: Wind (Feng) ‘s commentary on Lester Levenson (The Sedona Method) Six Steps and Lester Levenson (The Sedona Method) Levenson’s The Sedona Method .]

[file name]:
Wind - Feng - Talk – Lester Levenson The Sedona Method Release Technique - WeChat OCR Screenshots.pdf

WeChat Screenshots of Wind (Feng) describing the purity and simplicity of Releasing (Original Sedona Method as taught by Lester Levenson)

Concepts and Authors mentioned in this document:

Lester Levenson (The Sedona Method)

The Sedona Method by Lester Levenson

The Original 1992 Sedona Method Release Technique

Wind (Feng)

Wind (Feng) ‘s application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (The Sedona Method , student of Lester Levenson)

Larry Crane - Lawrence Crane (The Release Technique , student of Lester Levenson)

David Hawkins MD PhD (author of book ‘Letting go’)

AGFLAP CAP (The Sedona Method Emotion Chart AGFLAP CAP)

Buddha

Yogananda

Jesus

PS. This document was translated (OCR) from Chinese to English, using DeepSeek in January 2026.

[File content image begin]

When we are at a loss and cannot decide which doctrine to accept, the Buddha clearly told us, the confused, in the Pali Canon's "Anguttara Nikaya 3.65 Kalama Sutta": do not immediately accept or believe anything, lest we become intellectual slaves of others (including the Buddha himself).

To this end, the Buddha summarized ten principles:

1. Do not believe something merely because it has been passed down by word of mouth or tradition.
2. Do not believe something merely because it is a long-established custom.
3. Do not believe something merely because it is widely rumored or spoken of.
4. Do not believe something merely because it is written in religious texts or scriptures.
5. Do not believe something merely because it is based on logic.
6. Do not believe something merely because it is based on philosophical reasoning.
7. Do not believe something merely because it accords with common sense or external inference.
8. Do not believe something merely because it aligns with your own preconceptions, viewpoints, or opinions.
9. Do not believe something merely because of the speaker's authority or credibility.
10. Do not believe something merely because he is a teacher or a master.

[File content end]

[File content image begin]

Lester Levenson - Keys to Ultimate Freedom - Book - Chapter One: Basic Goals (Happiness) and Methods of Attainment

Every single one of us in this world is seeking exactly the same thing.
Our only goal, in our seeking, is to find our own place. Yet what is the happiness we truly need in our search? A state of sustained happiness untarnished by any sorrow. If this is that shared goal, why? Because infinite potentiality is our most fundamental issue. This is the true natural state before we obstruct it with limitations. Now, why do most of us not possess this sorrowless happiness? There is only one reason: As infinite beings possessing infinite happiness, we harbor joy and bliss. Saying: "I am an individual, separate from all else." In order to make myself separate from myself and from everything, I must create some method to achieve it. The method is: my mind creates my body and the material world. Then I proceed, creating more and more thoughts. These thoughts create more and more material events, until the thoughts and the material entrap me and I forget my true identity as an infinite being.

"I am separate from everything." This initial thought necessarily creates a sense of lack.

[File content end]

[File content image begin]
腾讯翻译君

Hi Sanford. The foundation of both Larry Crane (Release Technique) and Hale Dwoskin's (The commercialized Sedona Method) approach…

Hi Sanford. The foundation of both Larry's and Hale's approaches is Lester Levenson's teachings. They are built upon the same basic process of letting go and releasing the limiting sense of self, which is based on our misunderstanding of lack. Their difference lies in that Larry focuses purely on letting go to reveal freedom, while Hale has opened up the teaching, acknowledging that we are already what we know, needing no techniques. However, Hale's method fully includes the same letting-go process as Larry's. But Hale has also added simply expanding this path to pure inquiry, which can

reveal our deepest nature, even observing these words. Come now. I hope this helps you. I greet you, David.

>> I respect your view on The Sedona Method, you seem very sincere. I have been working on it for over 5 years, during which I used Crane's method for about 10 months, then Dwoskin's for a year, and finally I used Seretan's program for two years, then I went back to Crane until about 2 months ago. (Crane and Seretan falsely claim to teach exactly the original method as Lester taught.) Over the past 5 years, I have made steady progress with this method, but it was very slow. I kept wondering how Lester achieved freedom in just 3 months. Recently, I became very frustrated, bought two Lester CDs, one from an album of his from the early 1980s, and one an interview about how he gained freedom while in his New York apartment. I listened to these for hours, and an important theme Lester gave me was the simplicity and speed of his program.... He said "it takes at most a few months to gain freedom." I committed to doing it as he taught, just like when he was gaining freedom in the New York loft. So I worked on it for two months. I was not successful in releasing (using Crane's method) as per his instructions for Lester, I released within minutes. If I had known, I could have achieved this in 6-9 months, instead of wasting time on the ways Crane, Dwoskin, and Seretan taught it. I see a lot of complaints about how The Sedona Method is stalled and sputtering. I realize they taught it incorrectly, essentially they changed the way it should be taught. This is shameful, and it's to get as much money as possible. How many people would be healed if they just used the correct way... With all respect for Lester Levenson …
[File content end]

(Note: The translation continues the existing English text from the screenshot, which appears to be a mix of original English and parts already processed by "腾讯翻译君". The text after "恕我直言，莱斯特从来没有进" is cut off in the provided content.)

[Wind’s talk - Lester Levenson (The Sedona Method) - Screenshots WeChat content BEGIN]

===== Page 1 =====

Um, this is wanting to control

So trying too hard

When releasing, you are always releasing the part you are most aware of

Last night I tried very hard to release all night, gained nothing, but when I relaxed a bit I got some results

That is, what floats to the very surface

I was digging deep yesterday

You see, trying hard to release goes against the sixth step

You are trying to control

Absolutely 😂😂

So it won't happen

I only stopped this afternoon

Relaxed a bit

===== Page 2 =====

I noticed something

When stuck, you actually want to control

Wanting to control is what causes you to get stuck

But the way you try to get what you want is by using mental effort to fight against it

This is not "get everything by releasing only"

You are trying to do releasing using the way of worldly struggle

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 5:43 PM

So, as I released, I roughly understood the usage of the sixth step. I'll write this down later.

===== Page 3 [text layer] =====

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===== Page 4 =====

You cannot stay inside continuously

===== Page 5 =====

You are either going up or going down

===== Page 6 =====

5:21 PM

===== Page 7 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 8 [text layer] =====

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===== Page 9 =====

Group Chat
December 24, 2020

Wind (Wind Master)
13:12:32
It seems many people misunderstood what Lester said about 'hootless'

Star of Bethlehem
13:13:38
Wrong

Star of Bethlehem
13:14:57
In Lester's recordings, I've heard 'don't give a hoot', it's completely not the meaning of 'careless'

Wind (Wind Master)
13:16:45
If a person stops paying attention to something, the desire for it will disappear, and you will get it.

Wind (Wind Master)
13:17:07
This mind naturally stopping revolving around something is 'hootless'

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===== Page 11 =====

October 30, 2020

Wind (Wind Master) 16:14:34
I touched the sense of separation underlying the fear of death

Wind (Wind Master) 16:14:54
I know I am nearing the end

Tian Cheng 16:14:59
Is it the sense of separation that leads to the desire for survival?

Wind (Wind Master) 16:15:20
Yes, it's this sense of separation of 'I exist as this body'

Wind (Wind Master) 16:15:40
Because you feel 'I am this body', that's why you want to survive, fear death

Tian Cheng 16:15:49
Hmm

Wind (Wind Master) 16:15:54 If you know you are infinite being, you won't have fear of death

Tian Cheng 16:16:00
Right

Wind (Wind Master) 16:16:14
But you don't need to deliberately release it

Wind (Wind Master) 16:16:29
When you completely release the fear of death, the sense of separation will also dissipate

Wind (Wind Master) 16:16:37
The entire mind quiets

Wind (Wind Master) 16:16:45
What remains is infinite being

===== Page 12 =====

Chapter One: Basic Goal and Method to Achieve It

一 (One)

===== Page 13 =====

November 20, 2020

Wind (Wind Master)
22:05:54
I went deep into the last bit of limitation within

Tian Cheng
22:06:27
Is it the sense of separation?

Wind (Wind Master)
22:07:00
Yes, it's the sense of separation

Wind (Wind Master)
22:07:21
Then I kept just that tiny bit of fear of death that was enough to hold onto the sense of separation

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===== Page 19 =====

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===== Page 20 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 21 =====

March 12, 2021

Wind
You have no reason not to use the Release Method

Wind
Whether moving towards awakening or getting a better world, it is the most efficient

Wind
Not only efficient, but also simple

Wind
Can't find a single reason not to use it

===== Page 22 =====

March 16, 2021

Wind
If you want freedom, go release; if you want the world, go release

Wind
It's that simple

Wind
If you want freedom, releasing is the only thing that can make you free

Wind
No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind
If you want a better world, releasing is the only thing that can give you a better world

Wind
No matter what action you take, every action is within the karma program, within driven reactions

Wind
Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 23 =====

December 31, 2020 to January 1, 2021

Minnie
Let's have a year-end summary

Wind
Year-end summary: 2020, completed the most important thing in a hundred million lifetimes.

Wind
January 1, 2021 00:07:34

===== Page 24 =====

October 30, 2020

Wind
Reaching the top is an absolute peace, undisturbed by anything

Wind
7:47 PM
It is freedom

Wind
7:48 PM
It is omniscient, omnipotent, omnipresent

Wind
7:48 PM
It is infinite being

Wind
7:48 PM
As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind
8:19 PM
Omniscient, omnipotent, omnipresent

Wind
8:19 PM
This is enlightenment

===== Page 25 =====

December 22, 2020

Wind
Regarding questions of the type "can I do xxx", I hope you remember a sentence from Lester

Wind
Every impossible, no matter how impossible, becomes immediately a possible, as you completely released on it.

Wind
Every impossibility, no matter how impossible, will immediately become possible, as long as you completely release on it.

===== Page 26 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 27 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

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Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

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===== Page 31 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 32 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 33 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 34 =====

January 24, 2022
11:25:19
Just be aware of the present feeling and release

11:27:05
Don't do anything outside the six steps
11:28:11
Why is the six-step called a map, a navigation?
What is the biggest function of navigation?
To point out the correct direction to the destination, to check if one has deviated from the correct path.
11:35:21
Walking the six steps and releasing means all actions do not deviate from the six steps.
11:36:17
When you don't want to release, remind yourself of the first step
21:48:37
Continuous releasing, maintaining continuity, this is the fourth step
21:49:34
When stuck, release the wanting to control the stuckness, this is the fifth step
21:50:50
Each release feels more pleasant, lighter, this is the sixth step
21:51:16
Implement the six steps, keep doing it, it will gradually strengthen the motivation for freedom, thus completely achieving the first step.

===== Page 35 =====

11:42:12
At the beginning of releasing, we might think of mixing in other behaviors as aids to releasing, like practicing awareness, practicing insight, practicing meditation, etc. But with the six steps as a reminder, you know these are unnecessary. Lester summarized everything (needed after learning to release) (to reach ultimate freedom) in the six steps.

11:42:49
This is why Wind often says reaching freedom doesn't require anything outside the six steps.

11:45:23
Combining methods does not promote releasing; on the contrary, it only weakens the effect of releasing.

11:46:11
It's not like riding two horses at the same time gets you to the destination faster.

11:46:26
Keep it simple.

11:47:39
Learn the release process, then use the six steps to remind yourself often.

11:48:37
Be aware of the present feeling and release.

11:48:43
That's it.

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===== Page 37 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 38 =====

October 21, 2020

Wind 11:39
I spent four years looking for materials

Wind 11:39
Also releasing at the same time

Wind 11:40
Later, after going abroad, I came into contact with Lester's later audio recordings and the 1992 course

Wind 11:40
Only then did I understand a concise, complete map

Wind 11:40
It is very clear, concise, powerful, a complete map to freedom

Wind 11:41
Especially Lester's later audio explanations of the Release Method

Wind 11:41
After learning the release process, everyone can focus on the 'The Way' series

Wind 11:41
That is Lester's direct teaching, it will clarify many issues

Wind 11:41
And also provide great encouragement

===== Page 39 =====

Wind 9:40 AM
Insight into the source of happiness will allow you to accomplish the first step
Wind 9:41 AM
After that, every one of your decisions will be inward, all freeing you from your bonds, moving towards your true being
Release Method Diamond Island

===== Page 40 [text layer] =====

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===== Page 41 =====

March 12, 2021

Wind 00:03:57

Just go do it

Wind 00:04:01

No need to shout slogans

Wind 00:04:14

Especially shouting slogans ‘ I want freedom ‘ in front of me, even more meaningless

Wind 00:04:16

Wind 00:04:24

I can know your tendencies

Wind 00:04:36

Can you talk about it?

Tian Cheng (Tian Cheng) 00:04:43

What tendencies?

Wind 00:04:44

No need to say

Wind 00:04:49

You just release yourself

00:05:05

I have a tendency to talk but not do

Tian Cheng (Tian Cheng) 00:05:14

I discovered that myself, been like this for many years

Tian Cheng (Tian Cheng) 00:05:23

Only talk, no action

Wind 00:05:24

That's why I said no need to shout slogans

00:05:29

In front of me, don't repeat those words anymore

Wind 00:05:56

If you want to do it, just go do it

Wind 00:05:59

Helping, teaching, washing Diamond Island

Group Chat
February 22, 2021

Wu 10:57:50
During your releasing process, the mind is hindering you

Wu 10:58:01
Its content, the things you presuppose

Wu 10:58:33
Even, how long you think you'll need to release

Wu 10:58:45
This thought itself is hindering you

Wu 10:59:04
Just do this release well

Wu 10:59:23
No need to presuppose this release can release everything

Wu 10:59:29
Or how many times can release everything

Wu 10:59:35
Just release, then see what happens

Wu 10:59:48
Don't hurry, enjoy the process of each release

Wu 11:00:01
Continuously use the release process

Wu 11:00:33
Those you feel are hard to release, it's the mind telling you it's hard

Wu 11:00:44
Don't pay attention to the mind, directly use the process

Wu 11:01:11
Those you feel are simple, trivial and thus ignore, it's the mind telling you it's trivial

Wu 11:01:20
Also don't pay attention to the mind, directly use the process

Wu 11:01:49
Sometimes you see a feeling, you think it's not the main one

Wu 11:02:04
You want to release that "main" one

Wu 11:02:15
Want to finish quickly

Wu 11:02:22
And this is very important

Wu 11:03:03
Those judgments by the mind that this one is more main, that one is more main have no basis

Wu 11:04:00
The one that surfaces is the important one

Wu 11:04:22
If you suppress it, you are living in the mind

Wu 11:04:45
You are using the mind to presuppose what you need to release

Wu 11:04:54
Including how many times, how long

Wu 11:05:05
When truly releasing, you don't need to do this

Wu 11:05:19
Retain the possibility of releasing everything in one go

===== Page 43 =====

February 22, 2021

Rayna 11:05:22
What about bodily sensations? Will they disappear later? When reaching CPA, will it get better? Or if not free, will it follow me for life?

Wind 11:05:35
What feelings do you have about bodily sensations?

Wind 11:05:40
Do you want to control them?

Wind 11:05:44
Want to change them?

Wind 11:05:49
Just release this

Wind 11:06:05
If bodily sensations are bothering you, release this bother

Wind 11:06:10
Use releasing to solve the problem

Wind 11:08:52
Imagine releasing a long-standing habit completely in just a few releases?

Wind 11:09:05
But often it is like this

Wind 11:09:35
It's within minutes, not a long entanglement

Wind 11:16:31
You see in the video it's just minutes

Wind 11:17:51
If it takes too long, that's entanglement, suppression, not releasing

===== Page 44 =====

===== Page 45 =====

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===== Page 48 =====

October 3, 2020

Wind
Process for Releasing Emotions

Step One: Allow yourself to feel the present feeling, and trace it back to the emotional state (apathy, grief, fear, craving, anger, pride/arrogance)

Step Two:
Ask yourself, can you let this feeling go?
Are you willing?
When?

Step Three: See what feeling you have now, and repeat the previous process

===== Page 49 =====

Wind 13:45:58
Process for Releasing Desires

Step One: Allow yourself to feel the present feeling
Step Two: Notice if it comes from wanting approval or wanting control
Step Three: Can you be aware of this wanting control (or wanting approval)?
Can you let it go?
Step Five: Do you have any remaining wanting control (or wanting approval)?
Can you be more aware of it?
Can you let it go?
Repeat awareness and release until you are completely free.

Wind 13:46:09
Just now someone in the neighboring group asked about the basic process
Wind 13:46:21
I summarized the video content a bit
Wind 13:46:30
The guidance in the video is like this
Wind 13:46:44
This process can be used as a reference

===== Page 50 =====

3:37 PM
Emotions are the entry point, letting you learn to release. Workbook
The final summary of the course is: release three wants only

Wind
Only release the three great desires

Wind
3:37 PM

Wind
Lester's some explanations on the Release Method

Wind
We first enter the conscious level, release control, approval.
And those other things you try to release, like fear—
You know, you'll spend hundreds of thousands of lifetimes releasing fear, after that you'll still have anger, you'll still have other emotions. But when you release the wanting to control, everything underneath it is all released.

Then when you release the wanting security, you release all wanting for approval and control, and everything underneath them. You are too low now to attack wanting security. You are overwhelmed, you are terrified by death, so you let it run you. But when you release a considerable amount of control and approval, you have the ability to face the fear of death.

Wind
If you release emotions, it takes thousands of lifetimes to clean one type

Wind
Releasing desires is the method to reach the end within one or two months

Wind
Only then can you enter the high efficiency of the Release Method

===== Page 51 =====

July 26, 2021

Wind
Course videos, workbook, when you need to use them, pick them up and use them

Wind
But, in the end, you only need the six steps

Wind
When you only need this one tool, the six steps, you are on the way

===== Page 52 =====

March 14, 2021

Tian Cheng
Teacher, can you talk about your path to success?

Wind
Six steps

Tian Cheng
Why could you do it? And so many people can't?

Wind
Six steps

Wind
Because you need other things, and I only need the six steps

Wind
Throughout the entire process, I only looked at the six steps

Wind
I don't need anything outside the six steps

Wind
If I were to say the secret to success, this is it.

===== Page 53 [text layer] =====

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===== Page 54 =====

December 25, 2020

Wind
First of all, those who come to Earth, this advanced classroom, themselves have very good karma

Wind
Because they want freedom, they come to the advanced classroom

Wind
Then, among those who become human here, many are here to experience pain and pleasure

Wind
After gathering enough experience, they will turn inward

Wind

After turning inward, due to the effect of still having strong tendencies towards the world, they will encounter some similar pseudo-paths that satisfy their minds

Wind
You need very good karma to encounter the true method

Wind
And after encountering the true method, you need a strong tendency for freedom to recognize it and persist

Wind
So reaching this step indeed requires very, very good karma

===== Page 55 =====

March 16, 2021

Wind 20:29:20 If you want freedom, go release; if you want the world, go release

Wind 20:29:23 It's that simple

Wind 20:29:40 If you want freedom, releasing is the only thing that can make you free

Wind 20:30:08 No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind 20:30:26 If you want a better world, releasing is the only thing that can give you a better world

Wind 20:31:26 No matter what action you take, every action is within the karma program, within driven reactions

Wind 20:31:44 Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 56 =====

March 12, 2021

Wind
You have no reason not to use the Release Method

Wind
Whether moving towards awakening or getting a better world, it is the most efficient

Wind
Not only efficient, but also simple

Wind
Can't find a single reason not to use it

===== Page 57 =====

Wind 10:53:26
There is no free will in worldly living.

Wind 10:53:39
Note, there is no free will in worldly life

Wind 10:54:55
Only one thing has free will, choosing to identify with your body or with infinite being

Wind 10:57:50
Trying hard to earn money won't make you richer, trying hard to study won't make your grades better, trying hard to maintain health won't make you healthier

Wind 10:57:57
Understand, these are all predetermined

Wind 10:58:11
Only undoing the program is useful

Wind 11:33:58
Wanting to change something through action is just a delusion of people, completely useless

Wind 11:34:09
However, most people don't understand this

Wind 11:34:48
Karma drives action, and your action trying to change karma is also driven by karma

Wind 11:36:34
Jack Ma, Bill Gates don't know why they made money or lost money, their summaries of their success experience are merely guesses after seeing the surface phenomenon

===== Page 58 =====

January 13, 2021

Wind 08:58 Back then I spent a long time finding the feeling of releasing for the first time

Wind 08:58 The Release Method suits everyone

Wind 08:59 Simply practice, then you'll get it

Wind 08:59 At that time I also spent a long time finding the feeling of releasing

Wind 08:59 Because I analyzed too much

Wind 08:59 The less you analyze, keep relaxed, just use it, the faster you learn

===== Page 59 =====

21:09:35

My suggestion is don't explore, directly use the process

Wind 21:09:53

If you don't feel anything the first time, do a second time

Wind 21:10:01

This will be faster

Wind 21:10:11

Using the mind to explore will actually take many detours

Wind 21:10:17

Because the mind can only play back past experiences

===== Page 60 =====

Wind 21:13:47
Yes, as Lester said, you need to release enough wanting control and approval

Wind 21:14:19
Don't just watch, follow along and practice

Wind 21:17:34

When a desire is brought up, it is released

Wind 21:18:23
If not, you go back to the beginning of the process

Wind 21:18:37
Relax the body, re-feel it

Wind 21:18:54
Identify what desire it is, let it go

Wind 21:19:09
Keep it simple and relaxed, repeated practice will let you master it

Wind 21:19:21
Thinking and analyzing will make it harder and harder for you to release

Wind 21:19:30
Because the mind only plays back past experiences

===== Page 61 =====

Wind November 7th 23:54:38
You release first
Wind November 7th 23:54:48
Releasing isn't about difficulty
Wind November 7th 23:54:55
It's about whether you do it, do it a few times
Wind November 7th 23:55:02
If you can do it once, you can do it a second time
Wind November 7th 23:55:10
Then a third time, fourth time

===== Page 62 =====

Keep doing it, and you will release it completely

===== Page 63 =====

Wind November 7th 23:57:33 So the difficulty lies in you not doing it

===== Page 64 =====

1. "I can't" means I don't do it.

2. "I can't do it", it's just this thought that stops you from doing it.

3. Those who think they can't do it, actually don't want to do it.

4. As long as you hurry up and do it, it will happen.

5. Wishing and trying are useless, you must act!

6. Don't just try, just go do it!

——Lester Levenson《The Keys to Freedom》.

===== Page 65 =====

Releasing isn't that hard 😂

We are just used to suppressing, that's why we think releasing is so hard

If you make releasing a habit, you'll feel suppressing is what requires effort

Before that, just keep deciding to go release

===== Page 66 =====

18:32:44
Wind
Make up your mind to do it, to try releasing

Wind
Disappointment even despair is also just a feeling

Wind
As long as it's a feeling, it can be released, and after being released, the attitude is completely different from before

Wind
If you are used to suppressing, you'll need to spend more time to undo the habit of suppression

Wind
Practice releasing more, this will also be fast

===== Page 67 =====

18:32:44
Wind
Make up your mind to do it, to try releasing

Wind
Disappointment even despair is also just a feeling

Wind
As long as it's a feeling, it can be released, and after being released, the attitude is completely different from before

Wind
If you are used to suppressing, you'll need to spend more time to undo the habit of suppression

Wind
Practice releasing more, this will also be fast

===== Page 68 =====

Xiang Xuan 22:06:28
When I don't want to release, reminding the first step, I have no feeling, on the contrary reminding myself that I want to change myself, I want everything to get better, gives me more motivation

Wind 22:07:31
That works too

Wind 22:07:49
Releasing can make you more free

Wind 22:07:53
Freedom includes everything

Wind 22:08:02
Just providing motivation to release is enough

Wind 22:12:27
Wanting approval develops into wanting control

Wind 22:15:34
When you feel wanting approval, you need to release wanting approval

Wind 22:15:45
After releasing wanting control, wanting approval becomes obvious

Wind 22:16:03
After releasing enough wanting approval and wanting control, wanting security becomes obvious

Wind 22:16:27
If you don't release wanting security, wanting approval and control will be developed again, endlessly

===== Page 69 =====

Wind 22:16:42
So only continuously release wanting control and approval, then continuously release wanting security

Wind 22:16:48
Only then can you reach the end

Wind 22:18:05
Implement the six steps, everyone can be free

Hui Xuan 22:19:07
Keep releasing continuously, then you are always within the six steps, and you will be free

Wind 22:19:22
Yes

Hui Xuan 22:20:20
As long as you are within the six steps, it's continuous releasing, can it be understood this way too?

Wind 22:21:47
Yes

Wind 22:21:53
Use the six steps to check

Wind 22:22:03
As long as you are within the six steps, you can be free

===== Page 70 =====

March 12, 2021

Wind 09:33:30 Don't use slogans to judge a person's tendencies

Tian Cheng 09:33:43 Right, shouting slogans is useless

Wind 09:36:08 Clean the three great desires

Tian Cheng 09:36:39 Hmm

===== Page 71 =====

Wind 2020-10-15 12:24:48

Release wanting to control, and you won't suppress the fear of death anymore

It will surface for you to release

Lester said, release the mind, and what remains is infinite being

It's that simple

The mind is nothing else, it's the collection of your feelings and thoughts

Wanting control, approval, security (survival)

The three great desires

Lester sometimes uses fear of death to talk about wanting survival

It's the same meaning

Wanting to change is also a type of wanting control

So just release three things

Wanting control, approval, wanting survival (fear of death)

===== Page 72 =====

Wind 13:31:09
Running all night forcing yourself, leaving groups, shouting slogans, that's useless
Wind 13:31:20
Because that's trying to use action to remove karma
Wind 13:31:32
This merely creates new karma

Wind 13:31:42
Only releasing is useful
Wind 13:32:14
If you don't release, your program will continuously drive you to do those things
Wind 13:32:36
Therefore, don't think any action you take can bring you freedom
Wind 13:32:48
Deliberate action, deliberate non-action
Wind 13:32:57
Those are not what need attention

===== Page 73 =====

March 16, 2021

Wind
Unless you release those programmatic drives

Wind
If you don't release, it will continuously drive you to tidy up

Wind
All brilliance, all creativity, comes from infinite being

Wind
The mind is a mechanical program, only repeats

Wind
Perhaps it can be said, a person free from the mind's programs truly begins to live

Wind
Before that, just a constantly driven robot

===== Page 74 =====

Consciously use the process to do it

Wind
Use feeling more

Wind
Use less mental analysis

Wind

This will also make your releasing easier

Wind
Of course, it will also be deeper

Wind
Many people feel their releasing is really good precisely because they haven't experienced deeper releasing

Wind
They think releasing is just like that

===== Page 75 =====

July 26, 2021

Wind 17:11:08 When you allow deeper garbage to come out, your emotions will go down

Wind 17:11:13 But that's good

Wind 17:11:20 That's facing deeper garbage

Wind 17:13:08 Process, release process

Wind 17:13:46 Let the feeling come out, categorize it as wanting control or wanting approval, then let it go out

===== Page 76 =====

November 17, 2020

Wind 18:52:49
Rely on the six steps

Wind 18:53:12

Start from the six steps, end with the six steps

Wind 18:53:31

Use your gains to confirm your direction

Wind 18:54:18

Continuous releasing becomes your "task", that's not good

Wind 18:54:31

Continuous releasing is because each release has benefits

Wind 18:54:56

This is what the sixth step says, each release is lighter, happier

Wind 18:55:14

You feel good, so continue releasing

Wind 18:57:02

If you just force yourself to release, you'll stop

Wind 18:57:09

You can't continue

Wind 18:57:20

Because you are simultaneously suppressing your desires for the world

Wind 18:57:54
My method is I keep confirming my gains, and my direction

Wind 18:59:17
For example, she just now wanted to listen to music, what did she want to get from the music?

Wind 18:59:27
Then can this be obtained from releasing?

Wind 18:59:33
Can we try it?

Wind 19:00:02
Continuously confirming your gains can let you maintain continuous releasing

Wind 19:00:35

If you say "I can, I must release, I can't listen to music", this won't work, because a direction in your subconscious is to listen to music, and you've suppressed it in

Wind 19:00:48
Your conscious and subconscious are pulling against each other

Wind 19:00:56
If you don't look at it, this won't succeed

===== Page 78 =====

Wind 19:01:46
You actually don't need to enjoy anything

Wind 19:02:13
you don't need enjoy anything, be joy!

Wind 19:04:16
Write down the possibilities you think can bring happiness

Wind 19:04:27
Where do you think there is happiness

Wind 19:04:35
Not rational

Wind 19:04:46
It's where you actually seek happiness

Wind 19:05:10
If you suppress these desires, you cannot possibly accomplish the first step

Wind 19:08:29
You can force yourself to do homework and work, but you can't force yourself to release

Wind 19:08:31
😢

Wind 19:09:58
Let me elaborate on Lester's favorite teaching, get everything by releasing only

Wind 19:12:53
What do you want? How are you prepared to get it? Why not get it through releasing?

Wind 19:13:02
This is the way you practice

Wind 19:13:11
You choose to release

===== Page 79 =====

19:13:54
Wind
Sometimes you might do other things all afternoon, not releasing

Wind
19:14:10
That's because the subconscious is seeking something

Wind
19:14:25
You have no way to force yourself to release

Wind
19:15:11
You need to see what you are seeking, and ask yourself "Can I get it from releasing?", see which way is easier, more relaxed, more joyful

Wind
19:15:17
Thus choose releasing

Wind
19:15:47
This is why I say successful experience is important

Wind
19:15:51
You need to gain benefits first

Wind
19:16:12
Without benefits you won't do it, this is your mind

Wind
19:16:38
It will try every way to avoid releasing, resist releasing

Wind
19:18:34
I remember I said before, valuing the sixth step truly let me step into continuous releasing

===== Page 80 =====

16:36:42
When you release to the point where "the only source of happiness is infinite being" becomes your complete experience, you will naturally stop the action of seeking happiness anywhere in the world

16:36:56
At this time your flow changes, you will automatically enter Sahaja Samadhi

16:37:08
Once you enter you won't come out again

16:37:30
Won't regress

16:37:37
Because the seeds of the path back have no power anymore

16:43:42
Implement the six steps

16:43:51
This way you can get all happiness from within

16:45:28
Or turn direction by achieving goals through releasing

16:45:39
get everything by releasing only

16:45:47
This can also keep you walking on the six steps

===== Page 81 =====

October 30, 2020

Wind

Go use this method

Wind
Release wanting control and approval, release those programs covering over the "fear of death"

Wind
Then allow the "fear of death" to surface, release it completely

Wind
At first, you are releasing the programs of wanting control and approval

Wind
You are just releasing these two kinds of programs

Wind
When you release, those feelings, those thousands of thoughts about the body disappear

Wind
When you release the deepest fear of death, your entire mind disappears

Wind
Your sense of separation will dissipate, what remains is infinite being

Wind
You will naturally identify as infinite being

Wind
☑

☑

===== Page 82 =====

March 13, 2021

Wind
The most complete map is the six steps themselves

Wind
The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind
That is what Lester said:

release all feelings, your mind quiet, that's it

Wind
If you want a complete map, that's the six steps

Wind
Accomplish each step, and you succeed

Wind
You don't need anything else, you just need to remind yourself to keep it simple

Wind
When you complicate it, you are heading towards failure

Wind
Because you are moving towards accumulating mind, which is the opposite of releasing

Wind
More simplified is that sentence from Lester:
Release all feelings, your mind quiets, and you are there.

18:43:27

18:51:58

18:52:30

18:52:51

18:53:07

18:53:41

18:53:56

18:54:07

18:55:58

18:56:12

March 11, 2021

Wind 15:34:09 Implement the six steps, it's simple

Wind 15:34:23 Maintaining limitation is difficult

Wind 15:34:33 See the feeling, let it go

Wind 15:34:54 Empty all feelings that drive your thinking

Wind 15:34:57 That's it

===== Page 84 =====

March 14, 2021

Wind
Implement the six steps

Wind
When I say this, actually I mean, when you still need other things, it's impossible to be free

===== Page 85 =====

January 2, 2021

Wind
In the Release Method, implementing the six steps can reach the end

Wind
Not implementing the six steps cannot reach the end

Wind
Do it, or don't

Wind
Just like Lester's final words to Ralph

Wind
You either do it, or you don't
I hope you do it

Wind
Simple, or impossible

===== Page 86 =====

December 31, 2020

Wind 21:21:46
Within the six steps, you can release continuously

Wind 21:22:01
Outside the six steps, you will stop

Wind 21:22:19
Keep it by your side, remind yourself constantly

Wind 21:23:04
Continuous is not stopping

Wind 21:23:06
You might not understand now, because you are trying hard to release

Wind 21:23:33
But when releasing becomes your norm, releasing is as natural as breathing

Wind 21:24:24
As long as you decide to reach freedom, feelings will continuously float up, float out

Wind 21:28:12
Everything you need to know at the knowledge level is within the six steps

Wind 21:28:47
Use it to the utmost

Wind 21:28:58
This method is extremely efficient

===== Page 87 [text layer] =====

(Empty/Image layer)

===== Page 88 =====

Wind 22:57:44
If you drag this process out very long, then you are definitely not within the six steps

Wind 22:58:39

Lester told you, one release equals months of meditation

Wind 22:58:45
One release only takes a few seconds

Wind 22:58:58
You only need a few seconds to equal months of meditation

Wind 22:59:11
This method is extremely efficient

Wind 23:00:21
You can look at the six steps to know if you are within them

Wind 23:00:46
If you are within the six steps, your releasing will be continuous, and pleasure will continuously increase

Wind 23:02:00
Make the decision for freedom

Wind 23:02:13
Decide not to stop until you reach freedom

===== Page 89 =====

16:56:15 The reason my releasing effect is good really has only one reason

Wind 16:56:23

That is, I conformed to the six steps

Wind 16:56:30

I understood this method

Wind 16:56:39

As long as you also use this method, it's the same effect

Wind 16:56:46

There's no personal talent here

===== Page 90 =====

16:59:41 There's one slightly special thing about me, which is my memory is very good

Wind

After I experience something, I can immediately find the corresponding original words Lester said

Wind

Therefore I don't use my own words to describe experiences

Wind

But rely on Lester's teachings

===== Page 91 [text layer] =====

(Empty/Image layer)

===== Page 92 =====

March 11, 2021

Wind 18:29:09 If you truly want freedom, implement the six steps

Wind 18:30:31 Don't feed your mind anymore

Wind 18:30:44 My leaving is the greatest support

Wind 18:31:13 If you need an external master, you will never discover the infinite within

Wind 18:31:31 Release, it will bring you all paths

Tian Cheng 18:33:02 Implementing the six steps for a month, really can it be done?

Wind 18:33:42 Of course

Tian Cheng 18:34:16 Okay.

Tian Cheng 18:35:43 Wind 18:36:12 Good luck

Tian Cheng 18:36:30

===== Page 93 =====

Wind 18:36:35 I love you very much, but dependence is fatal to growth

Wind

18:36:58

Hope after I leave, you won't rely on those words or other things anymore

Wind

18:37:13

But go directly to the end

===== Page 94 =====

22:22:30
When you seek help externally, that's an opportunity

Wind 22:22:40 Be aware of it, release

Wind 22:22:51 Find everything you want within

Wind 22:23:05 Absolute safety only exists in your infinite being

Wind 22:23:51 Among all help, there is no better help than destroying all your props

Wind 22:25:20 Lester Levenson told me the world would "knock out his props", so everyone is forced to seek answers within. "That's good," he said. "Not an explosion, but an ascent," he laughed. Currently, people always use various escape methods provided by the world to seek happiness externally. Ultimately when external escapes are endless, he predicted, we will be forced to move within. "This is really a good thing," he said, "because people will be forced to find the answer, know who they truly are, just like me." He always told me he was especially thankful for his heart attack.

Wind 22:26:00 When all external escape methods are knocked out, you will be forced to go within

===== Page 95 =====

Wind 22:26:34

Don't wait until a gun is pointed at your head to do it
Wind 22:27:29
You all know yourselves very clearly
Wind 22:27:51
Though not that deeply, but you will know your own behaviors
Wind 22:28:06
If you have dependence, you will cling
Wind 22:28:31
If you depend on the external, you won't discover the infinite within
Wind 22:28:37
These things are all very simple
Wind 22:29:01
Me, as someone who has attained ultimate freedom, cannot be here
Wind 22:31:31
The Release Method as a self-reliant method doesn't have that many problems
Wind 22:31:42
All problems arise when you deviate from the six steps
Wind 22:32:00
Therefore, either you return to the six steps and continue releasing, or you move towards limitation

===== Page 96 =====

Wind 22:26:34
Don't wait until a gun is pointed at your head to do it
Wind 22:27:29
You all know yourselves very clearly
Wind 22:27:51
Though not that deeply, but you will know your own behaviors
Wind 22:28:06
If you have dependence, you will cling
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The Release Method as a self-reliant method doesn't have that many problems
Wind 22:31:42
All problems arise when you deviate from the six steps
Wind 22:32:00
Therefore, either you return to the six steps and continue releasing, or you move towards limitation

===== Page 97 =====

15:19:05

Rely on yourself, rely on the truth/dharma, rely on nothing else.

15:19:15
Rely on yourself comes first

15:19:19
You must rely on yourself

15:19:27
Oh my god

15:19:40
So self-reliance is important

15:20:23
Actually there is no method that relies on others for achievement

===== Page 98 =====

It's not wanting to be fast, you can only rely on yourself

Wind

But you can only rely on yourself to reach the end

Wind

That step can only be taken by yourself

===== Page 99 =====

Wind 3:27 PM
What Buddha said about relying on the Dharma is not relying on a method
Wind 3:27 PM
'Dhamma' means relying on the truth
Star of Bethlehem 3:27 PM
Refers to what?
Wind 3:28 PM
Reality

Wind 3:28 PM
Rely on yourself, rely on universal truth, besides that rely on nothing else
Wind 3:28 PM
Rely on yourself, rely on the truth/dharma, rely on nothing else.
Wind 3:28 PM
Buddha's final teachings
Star of Bethlehem 3:29 PM
Indeed it's Buddha

===== Page 100 =====

Wind 9:53 AM
Now all masters are paying attention to those practicing the Release Method

Wind 9:53 AM
Because this is the only method for this era

Wind 9:54 AM
Other methods cannot guarantee you reach the end in this lifetime

Wind 16:37:37
You are originally free, just obscured by the mind

Wind 16:37:44
Freedom is not creating something

Wind 16:37:51
Just ending the illusion

Wind 16:40:15
If you truly want freedom, Lester will infuse you (∗ refers to infusing inspiration to practice the Release Method)

Wind 16:40:37
I'm not joking, Lester has been supporting this work all along

Wind 16:40:56
He is supporting everyone using the Release Method

===== Page 101 =====

November 20, 2020

Tian Cheng

I'd like to ask you for advice

Tian Cheng
How can I move towards freedom more quickly?

Wind
Continuously use it, use it to the utmost

Wind
I can't give better advice

Wind
I strongly suggest you use it on every matter

Wind
Utilize those goals

Wind
Utilize continuously gaining to promote your releasing

Wind
To enhance the motivation for releasing

Wind
If you get used to using it on every one of your goals,
you will soon reach that place

===== Page 102 =====

December 22, 2020

Wind
Regarding questions of the type "can I do xxx", I hope you remember a sentence from Lester

Wind
Every impossible, no matter how impossible, become immediately a possible, as you completely released on it.

Wind
Every impossibility, no matter how impossible, will immediately become possible, as long as you completely release on it.

===== Page 103 =====

July 26, 2021

Feng Lin Feng Hua
When stuck, release the feeling of wanting to change, now I know I want to change, release wanting to change, but no progress, so just keep releasing wanting to change (wanting control)? Keep asking?

Wind
No

Wind
You don't need to always ask yourself questions

Wind
Questions are a teaching method, at the end of the course, if you master this method, he will tell you the six steps

Wind
Why does the course tell you the six steps at the end?

Wind
Because, before you learn to release, these words are just words to you

Wind
And after you learn, you have already experienced those

Wind
Therefore, you don't need any extra explanations to explain the six steps

===== Page 104 =====

===== Page 105 =====

21:01:24 It's what I posted today, just re-learn it every time

Wind

Actually the six steps also serve this purpose

Wind

Don't let words obscure its true meaning

I am infinite

You say it's vague again

Wind

Lester also thought you would get vague

Wind

So at the very end, the last two years before leaving, he summarized three

Wind

Those three are a further condensation of the six steps

===== Page 106 =====

Carry out these three things and you will quickly reach Imperturbability.

1. Release only the three wants.

2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.

3. Make it a Do It Yourself Tool.

You now have all you need to go all the way to imperturbability.

===== Page 107 =====

March 17, 2021

Tian Cheng
Teacher, does this mean, if I attain ultimate freedom, I also cannot stay in the world?

Wind
Up to you to decide

Wind
Freedom is freedom

Wind
No compulsiveness

Tian Cheng
Can I still stay with my family?

Wind
Of course

Tian Cheng
I see I'm fearing freedom, afraid after freedom I will lose my family

Wind
There are quite a few householder masters

Wind
Masters can even be kings

===== Page 108 =====

Tian Cheng 00:47:35
So after freedom, masters still live with family?

Wind 00:47:39
For example, William the Conqueror

Wind 00:48:08
Krishna demonstrated the householder master

Wind 00:48:23
You won't lose your family, won't lose your dear world

Tian Cheng 00:48:32
In this era, masters must be reclusive

Wind 00:48:55
Reclusive means not being known as a master

Wind 00:49:08
Reclusive doesn't mean you must retreat to mountains and forests

Wind 00:49:19
Living in the world like an ordinary person is also a type of reclusion

===== Page 109 =====

November 7, 2020

Wind
Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D
Of course I want freedom

Wind
So compared to controlling these feelings, you want freedom more?

D
Yes

Wind
Can you let go of the wanting to control it?

D
Stuck

Wind
Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

November 7, 2020

Wind
Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D
Of course I want freedom

Wind
So compared to controlling these feelings, you want freedom more?

D
Yes

Wind
Can you let go of the wanting to control it?

D
Stuck

Wind
Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

===== Page 111 =====

18:13
Want freedom

D 18:14 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 112 =====

2. 2. 2. 2. 2. 2. 2.

===== Page 113 =====

July 26, 2021

New Time
After asking 'Can you let it go?', is answering 'can' or 'cannot' more beneficial for releasing, or is answering or not irrelevant, doesn't affect?

Wind
At the end of the course, questions are asked very little

Wind
Questions are tools

Wind

When you need to use them, of course, pick them up and use them

Wind
But when you become aware of a desire and it's already released, why do you still look everywhere for tools?

Wind
☺

New Time
Understood

===== Page 114 =====

October 31, 2020

Wind
Most things will happen according to your wanting

Wind
When you move to acceptance and even peace, almost nothing is impossible

Wind
Of course, when you reach so-called imperturbability, this ultimate peace undisturbed, you are omniscient, omnipotent, omnipresent

Wind
Your "wanting" will weaken, your "deciding to have" will increase

Wind
Release "wanting", and you will feel having

Wind
When you release all wanting, you will feel you possess the whole universe

Wind
At this time if you want to accomplish something, it's like picking up a water cup on the table

Wind
How strong a "wanting" do you need to pick up your own water cup?

===== Page 115 =====

No need, you just need to decide to pick it up

Wind
Release "wanting", let the whole world become your water cup

Wind
When you want to pick up, you can casually pick it up

Wind
At this time, you won't want to save, because everything is yours, what are you saving?

Wind
You will only create it when needed

===== Page 116 =====

Wind 10:45 PM
Basic desires drive emotions, nine types of emotions drive hundreds of feelings, feelings drive thousands of thoughts

Wind
10:46 PM

Wanting survival is the root, wanting approval and control are the trunk, emotions are the branches, feelings are the small branches, thoughts are the leaves

Wind
10:47 PM

If you cut leaf by leaf, when will you finish?

Wind
10:47 PM

Wind
10:47 PM

So this is just about efficiency

Wind
10:48 PM

Lester said, if you release the nine emotional categories, like releasing fear, it will take thousands of lifetimes

Wind
10:48 PM

That's just one type of emotion

Wind
10:48 PM

If you release thoughts, multiply those thousands of lifetimes by millions of times

===== Page 117 [text layer] =====

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===== Page 118 =====

March 13, 2021

@Wind When reaching a high point, keep continuing and continuing, charge forward nonstop, is it possible not to experience a low point, can directly charge to Nirbija Samadhi?

Wind 01:45:53 So-called low point is heavy emotions

Wind 01:46:21 When you reach a high point, you invite the fear of death to surface, that's a very heavy feeling

Wind 01:46:58 Lester describes it as a roller coaster

Wind 01:47:12 When you go higher, you can also let lower feelings surface

Wind 01:47:25 Each time you will soar high, then low

Wind 01:47:35 Each low point is an opportunity to soar even higher

Wind 01:47:58 Until you fall down, only to land in your infinite being

☃️ 01:48:19

Tian Cheng 01:48:27 So that's how it is

===== Page 119 =====

Wind 01:48:54
That's because you can't soar higher anymore

Wind 01:49:03
Low points are also released completely

Tian Cheng 01:49:59
Are low points manifested as being stuck?

Wind 01:50:04
Being stuck is you wanting to control only

Wind 01:50:15
Low point is heavy feelings

Wind 01:50:24
You allow them to surface, allow them to leave

Wind 01:50:27
Then you won't get stuck

Wind 01:50:34
If stuck, you release wanting to control

Wind 01:50:37
It's that simple

Tian Cheng 01:50:50
Are heavy feelings the fear of death?

Wind 01:51:12
Every feeling is heavy

March 17, 2021

Big Yellow Cat
Teacher Wind, before your freedom, each day 24 hours, roughly how many hours were you in a releasing state?

Wind
Actually as long as you spend over 50% of your waking hours releasing, you'll find the inertia of releasing gradually becomes greater than suppressing

Wind

Then, you will continuously release

Wind
You will release very naturally

Wind
Releasing becomes the norm like breathing

Wind
Will reach twenty-four hours

===== Page 121 =====

Big Yellow Cat 20:18:15
Hmm, now when awake, I can basically be aware of feelings anytime. It's just releasing, when alone, I can be in releasing, once interacting with people, basically I get carried away

Wind 20:19:03
Now need to consciously release

Big Yellow Cat 20:19:19
When interacting with people, how to both maintain interaction and not interrupt releasing?

Wind 20:20:02
You can do releasing specifically for it when no one is around

Wind 20:20:15
"I allow myself to release when interacting with people"

Wind 20:20:24
Release all feelings about this goal

Wind 20:20:30
Until you are sure you can do it

Big Yellow Cat 20:21:54
Okay👍👍👍

===== Page 122 =====

If you feel there's a problem, there must be a desire

Suppression means wanting control is operating

Release wanting control, then you don't suppress

Underneath, wanting approval and wanting survival will surface

But if you don't release the deeper wanting approval and wanting survival, wanting control will continuously be developed

So, continuous releasing is key

Let releasing happen again and again

One after another

Touching deeper, deeper

Just let it float up and leave

If there's wanting to change, release wanting to change

If released enough, it will be like Lester said "floats up and floats out"

Like waves continuously being released out

This retreat floated for two days

High beyond belief

Being able to use the six steps is advancement

Aley's advanced course is also just repeatedly talking about how to practice the six steps

===== Page 123 =====

Unmoving Mind 19:45:18

===== Page 124 =====

Wind floats up and out

===== Page 125 =====

Like waves surfacing then leaving

Wind

After releasing to a later stage, the momentum will be very strong, as long as you make a decision to release, it will carry you along

Wind
You don't need to operate hard like before

===== Page 126 =====

Continuous releasing, is not you holding a concept of continuous releasing

Wind 15:05:37 Continuous releasing means, you do one release, experience internal liberation, then release again

Wind 15:05:49 This rhythm is completely up to you

Wind 15:06:17 After releasing wanting approval about one thing, you can ask yourself "Is there more?" to continue releasing

Wind 15:06:49 Also feel your current feeling, ask yourself "Is it wanting control or wanting approval?" to continue releasing

Wind 15:07:27 Of course if you find you want to hold the feeling, don't want to release, you can also ask yourself "Is this wanting control?" to continue releasing

Wind 15:08:09 If, at this time, you want to do something else, then of course you can also choose to release about that thing

Wind 15:08:53 Feel it, what do I want to get through that thing, is it wanting control or wanting approval? Or wanting security?

Wind 15:09:04 These are all ways for you to continue releasing

===== Page 127 =====

Wind 11:26:41
Because if you try hard to find the feeling there, that's wanting control

Wind 11:26:48
If you want control, then you won't get control

Wind 11:26:52
It's that simple

Wind 11:28:19

So, it's simple, when you suppress heavily, just feel this vague unclear feeling

Wind 11:28:29
Release your wanting to change this vague unclear feeling

Wind 11:28:49
When wanting to change is released, you can feel your present feeling more clearly

Wind 11:29:03
This really doesn't require effort to feel

===== Page 128 =====

Wind 11:26:41
Because if you try hard to find the feeling there, that's wanting control

Wind 11:26:48
If you want control, then you won't get control

Wind 11:26:52
It's that simple

Wind 11:28:19
So, it's simple, when you suppress heavily, just feel this vague unclear feeling

Wind 11:28:29
Release your wanting to change this vague unclear feeling

Wind 11:28:49
When wanting to change is released, you can feel your present feeling more clearly

Wind 11:29:03
This really doesn't require effort to feel

===== Page 129 =====

Wind 11:29:09
If not clear, then feel not clear

Wind 11:29:19
And notice you want to change not being clear

Wind 11:29:29
Release it, and it automatically becomes clear

Wind 11:30:07
Don't try to use extra techniques outside the process to handle issues encountered within the process

Wind 11:30:18
The release process itself can handle all situations

Wind 11:30:49
Including "can't feel emotions", including "vague unclear", including "stuck", including "confused"

Wind 11:31:06
These can all be resolved after proceeding with the release process

Wind 11:31:17
No need for any preparatory practice

Wind 11:31:20
Just practice the process itself

===== Page 130 =====

March 17, 2021

Wind
Even if you hold things from Lester, Yogananda and other certified masters to read, as long as you deviate from the six steps, you still cannot be free

Wind
What I give is a simplified answer, implement the six steps, go to the end

Wind
In the future if someone or a high spirit appears before you, says he is free, what do you care about him?

Wind
You have the six steps

Wind
Even if he is a master you don't need him

Wind
Continue using the Release Method until the end

===== Page 131 =====

October 22, 2020

Wind
I once became aware of the thoughts of the entire universe

Wind
Hard to describe

Wind
The most important part is I became aware of three bodies

Wind
I saw when we release desires, that "causal" body is changing

Wind
Let me explain this experience

Wind
The initial body is when your desire arises, it immediately creates a cause, you identify with that body

Wind
Hmm, I immediately found the correspondence from what Lester said, that's the causal body

Then
Causal, astral, physical body

===== Page 132 =====

Wind 6:25 PM
But when the cause seeks an object to satisfy it, with a slight delay, a body completely made of light is produced

Wind 6:25 PM
This body is completely produced when you visualize it upon having a desire

Wind 6:26 PM
This process is almost the process of your thought arising

Wind 6:26 PM
Then there's up and down, front and back, paired thoughts follow one after another

Wind 6:27 PM
Those continuously developing thoughts accumulate together, feelings from light to heavy

Wind 6:27 PM
Heavy feelings accumulate a series of connections, relationships, intricate cause and effect

Wind 6:27 PM
Light begins to solidify

Wind 6:28 PM
It uses this image of the light body as a blueprint to construct the physical body I now identify with

Wind 6:28 PM
I really experienced these in an instant

===== Page 133 =====

Wind 6:30 PM
For example, why is our material world so sluggish?

Wind
Because creation is delayed

Wind
Because you cannot recognize the mind is the cause, so you imagined all those causal connections

===== Page 134 =====

Wind 6:32 PM
But what is the cause?

Wind 6:33 PM
The cause really is just the basic desires we often talk about

Ice Purple 6:33 PM
Mind programs

Minnie 6:33 PM
Three great desires

Wind 6:34 PM
You created a lack

Wind 6:34 PM
That lack was not immediately filled

Wind 6:35 PM
So it developed everything that followed

===== Page 135 =====

When that lack is released, from the cause, truly everything ends

===== Page 136 =====

March 17, 2021

Tian Cheng 11:57:47
Samadhi, actually what does it mean?

Wind 11:58:50
Samadhi is the state of oneness with the infinite

Wind 11:59:01
Even if you glimpse it once, you have entered samadhi

Wind 11:59:17
But before it there are desire realm and many levels of dhyana

Tian Cheng 11:59:29
That is to say, entering samadhi you can know everything?

Wind 11:59:43
Many people understand some shallow experiences as samadhi

Tian Cheng 11:59:47
All knowledge? About anything?

Wind 11:59:58
The moment you enter samadhi, you are omniscient

Wind 12:00:07
Only when you fall out, you forget

But if it's Nirbija Samadhi, you will never lose it, nor exit

Tian Cheng 12:00:56
Hmm

===== Page 137 =====

October 30, 2020

Wind
Reaching the top is an absolute peace, undisturbed by anything

Wind
7:47 PM
It is freedom

Wind
7:48 PM
It is omniscient, omnipotent, omnipresent

Wind
7:48 PM
It is infinite being

Wind
7:48 PM
As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind
8:19 PM
Omniscient, omnipotent, omnipresent

Wind
8:19 PM
This is enlightenment

===== Page 138 =====

Um, this is wanting to control

So trying too hard

When releasing, you are always releasing the part you are most aware of

Last night I tried very hard to release all night, gained nothing, but when I relaxed a bit I got some results

That is, what floats to the very surface

I was digging deep yesterday

You see, trying hard to release goes against the sixth step

You are trying to control

Absolutely 😂😂

So it won't happen

I only stopped this afternoon

Relaxed a bit

===== Page 139 =====

I noticed something

When stuck, you actually want to control

Wanting to control is what causes you to get stuck

But the way you try to get what you want is by using mental effort to fight against it

This is not "get everything by releasing only"

You are trying to do releasing using the way of worldly struggle

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 5:43 PM

So, as I released, I roughly understood the usage of the sixth step. I'll write this down later.

===== Page 140 =====

He has his own created, material amusement park

===== Page 141 =====

You cannot stay inside continuously

===== Page 142 [text layer] =====

(Empty/Image layer)

===== Page 143 =====

Mike if you continue, you won't be in this state

===== Page 144 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 145 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 146 =====

Group Chat
December 24, 2020

Wind (Wind Master)
13:12:32
It seems many people misunderstood what Lester said about 'hootless'

Star of Bethlehem
13:13:38
Wrong

Star of Bethlehem
13:14:57
In Lester's recordings, I've heard 'don't give a hoot', it's completely not the meaning of 'careless'

Wind (Wind Master)
13:16:45
If a person stops paying attention to something, the desire for it will disappear, and you will get it.

Wind (Wind Master)

13:17:07
This mind naturally stopping revolving around something is 'hootless'

===== Page 147 [text layer] =====

(Empty/Image layer)

===== Page 148 =====

October 30, 2020

Wind (Wind Master) 16:14:34
I touched the sense of separation underlying the fear of death

Wind (Wind Master) 16:14:54
I know I am nearing the end

Tian Cheng 16:14:59
Is it the sense of separation that leads to the desire for survival?

Wind (Wind Master) 16:15:20
Yes, it's this sense of separation of 'I exist as this body'

Wind (Wind Master) 16:15:40
Because you feel 'I am this body', that's why you want to survive, fear death

Tian Cheng 16:15:49
Hmm

Wind (Wind Master) 16:15:54 If you know you are infinite being, you won't have fear of death

Tian Cheng 16:16:00
Right

Wind (Wind Master) 16:16:14
But you don't need to deliberately release it

Wind (Wind Master) 16:16:29
When you completely release the fear of death, the sense of separation will also dissipate

Wind (Wind Master) 16:16:37
The entire mind quiets

Wind (Wind Master) 16:16:45

What remains is infinite being

===== Page 149 =====

Chapter One: Basic Goal and Method to Achieve It

一 (One)

===== Page 150 =====

November 20, 2020

Wind (Wind Master)
22:05:54
I went deep into the last bit of limitation within

Tian Cheng
22:06:27
Is it the sense of separation?

Wind (Wind Master)
22:07:00
Yes, it's the sense of separation

Wind (Wind Master)
22:07:21
Then I kept just that tiny bit of fear of death that was enough to hold onto the sense of separation

===== Page 151 [text layer] =====

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===== Page 152 [text layer] =====

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===== Page 153 [text layer] =====

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===== Page 154 [text layer] =====

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===== Page 155 [text layer] =====

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===== Page 157 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:14 This demonstrates the usage of the first step

D 18:14 It left

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 158 =====

March 12, 2021

Wind
You have no reason not to use the Release Method

Wind
Whether moving towards awakening or getting a better world, it is the most efficient

Wind
Not only efficient, but also simple

Wind
Can't find a single reason not to use it

===== Page 159 =====

March 16, 2021

Wind
If you want freedom, go release; if you want the world, go release

Wind
It's that simple

Wind
If you want freedom, releasing is the only thing that can make you free

Wind
No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind
If you want a better world, releasing is the only thing that can give you a better world

Wind
No matter what action you take, every action is within the karma program, within driven reactions

Wind
Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 160 =====

December 31, 2020 to January 1, 2021

Minnie
Let's have a year-end summary

Wind
Year-end summary: 2020, completed the most important thing in a hundred million lifetimes.

Wind
January 1, 2021 00:07:34

===== Page 161 =====

October 30, 2020

Wind
Reaching the top is an absolute peace, undisturbed by anything

Wind
7:47 PM
It is freedom

Wind
7:48 PM
It is omniscient, omnipotent, omnipresent

Wind
7:48 PM
It is infinite being

Wind
7:48 PM
As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind
8:19 PM
Omniscient, omnipotent, omnipresent

Wind

8:19 PM
This is enlightenment

===== Page 162 =====

===== Page 163 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 164 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

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Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 165 [text layer] =====

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===== Page 166 [text layer] =====

(Empty/Image layer)

===== Page 167 [text layer] =====

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===== Page 168 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 169 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 170 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 171 [text layer] =====

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===== Page 172 =====

11:42:12
At the beginning of releasing, we might think of mixing in other behaviors as aids to releasing, like practicing awareness, practicing insight, practicing meditation, etc. But with the six steps as a reminder, you know these are unnecessary. Lester summarized everything (needed after learning to release) (to reach ultimate freedom) in the six steps.

11:42:49
This is why Wind often says reaching freedom doesn't require anything outside the six steps.

11:45:23
Combining methods does not promote releasing; on the contrary, it only weakens the effect of releasing.

11:46:11
It's not like riding two horses at the same time gets you to the destination faster.

11:46:26
Keep it simple.

11:47:39
Learn the release process, then use the six steps to remind yourself often.

11:48:37
Be aware of the present feeling and release.

11:48:43
That's it.

===== Page 173 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

Wind 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:14 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

Wind 18:18 If you are unwilling to release, use the first step

===== Page 174 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

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Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:14 This demonstrates the usage of the first step

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 175 =====

October 21, 2020

Wind 11:39
I spent four years looking for materials

Wind 11:39
Also releasing at the same time

Wind 11:40
Later, after going abroad, I came into contact with Lester's later audio recordings and the 1992 course

Wind 11:40
Only then did I understand a concise, complete map

Wind 11:40
It is very clear, concise, powerful, a complete map to freedom

Wind 11:41
Especially Lester's later audio explanations of the Release Method

Wind 11:41
After learning the release process, everyone can focus on the 'The Way' series

Wind 11:41
That is Lester's direct teaching, it will clarify many issues

Wind 11:41
And also provide great encouragement

===== Page 176 =====

Wind 9:40 AM
Insight into the source of happiness will allow you to accomplish the first step
Wind 9:41 AM
After that, every one of your decisions will be inward, all freeing you from your bonds, moving towards your true being
Release Method Diamond Island

===== Page 177 [text layer] =====

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===== Page 178 =====

March 12, 2021

Wind 00:03:57

Just go do it

Wind 00:04:01

No need to shout slogans

Wind 00:04:14

Especially shouting slogans in front of me, even more meaningless

Wind 00:04:16

Wind 00:04:24

I can know your tendencies

Wind 00:04:36

Can you talk about it?

Tian Cheng (Tian Cheng) 00:04:43

What tendencies?

Wind 00:04:44

No need to say

Wind 00:04:49

You just release yourself

Wind 00:05:05

I have a tendency to talk but not do

Tian Cheng (Tian Cheng) 00:05:14

I discovered that myself, been like this for many years

Tian Cheng (Tian Cheng) 00:05:23

Only talk, no action

Wind 00:05:24

That's why I said no need to shout slogans

00:05:29

In front of me, don't repeat those words anymore

Wind 00:05:56

If you want to do it, just go do it

Wind 00:05:59

Helping, teaching, washing Diamond Island

Wu 10:57:50
During your releasing process, the mind is hindering you

Wu 10:58:01
Its content, the things you presuppose

Wu 10:58:33
Even, how long you think you'll need to release

Wu 10:58:45
This thought itself is hindering you

Wu 10:59:04
Just do this release well

Wu 10:59:23
No need to presuppose this release can release everything

Wu 10:59:29
Or how many times can release everything

Wu 10:59:35
Just release, then see what happens

Wu 10:59:48
Don't hurry, enjoy the process of each release

Wu 11:00:01
Continuously use the release process

Wu 11:00:33
Those you feel are hard to release, it's the mind telling you it's hard

Wu 11:00:44
Don't pay attention to the mind, directly use the process

Wu 11:01:11
Those you feel are simple, trivial and thus ignore, it's the mind telling you it's trivial

Wu 11:01:20
Also don't pay attention to the mind, directly use the process

Wu 11:01:49

Sometimes you see a feeling, you think it's not the main one

Wu 11:02:04
You want to release that "main" one

Wu 11:02:15
Want to finish quickly

Wu 11:02:22
And this is very important

Wu 11:03:03
Those judgments by the mind that this one is more main, that one is more main have no basis

Wu 11:04:00
The one that surfaces is the important one

Wu 11:04:22
If you suppress it, you are living in the mind

Wu 11:04:45
You are using the mind to presuppose what you need to release

Wu 11:04:54
Including how many times, how long

Wu 11:05:05
When truly releasing, you don't need to do this

Wu 11:05:19
Retain the possibility of releasing everything in one go

===== Page 180 =====

February 22, 2021

Rayna 11:05:22
What about bodily sensations? Will they disappear later? When reaching CAP (AGFLAP CAP emotion chart) , will it get better? Or if not free, will it follow me for life?

Wind 11:05:35
What feelings do you have about bodily sensations?

Wind 11:05:40

Do you want to control them?

Wind 11:05:44
Want to change them?

Wind 11:05:49
Just release this

Wind 11:06:05
If bodily sensations are bothering you, release this bother

Wind 11:06:10
Use releasing to solve the problem

Wind 11:08:52
Imagine releasing a long-standing habit completely in just a few releases?

Wind 11:09:05
But often it is like this

Wind 11:09:35
It's within minutes, not a long entanglement

Wind 11:16:31
You see in the video it's just minutes

Wind 11:17:51
If it takes too long, that's entanglement, suppression, not releasing

[Wind's talk - Lester Levenson (The Sedona Method) - Summary content end]

Wind’s（Feng）talk on Lester Levenson（The Sedona Method）

Chat Log 1

September 2020

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2020-09-17 Larry, Haier's additions and modifications to the original release method, Lester's possible reasons for not correcting the body's cancer, wind

This section introduces the basic principles of the original release method and the release of substance 17.

2020-09-18 Advanced Course on Wind Release Method the way 1 Translation and interpretation of 31

September 19, 2020: A description of true release: The sensation above clearly leaves, followed by a surge of pleasure below.

Up. If not, then 39
was not released.

2020-09-20 Wind Translation 92 Video of the release method in 2018 1 And explain the key points 58

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2020-09-22 Feng Translation and Explanation the way2 and 92 Annual Release Method

Course 5. Discuss a love story and some people's attempts to distort the release

law .

89

On September 23, 2020, while chatting with Feng, I finally realized what being stuck is and how to release it; this is the key to enabling continuous release.

The time is ripe to establish a teaching center for the original release method .

2020-09-23 The text discusses the learning order of the original release method, the drawbacks of the stimulation method, and a detailed explanation of how to release the feeling of being stuck .
(113)

On September 25, 2020, Feng explained some issues related to release techniques, the importance of keeping release methods simple and original, and some [methods/methods] available on the market.

125 Phenomena involving alterations and additions to the original release method

On September 26, 2020, Feng introduced the timeline of Lester Levenson (The Sedona Method)'s creation of the Liberation Law, continued to answer questions about

learning the Liberation Law, and translated and spelled out the text.

Six steps to free composition and 92 The Six Steps to Freedom in the Annual Course 138

On September 30, 2020, the wind discussed the changes after release in the study group; positive feelings also need to be released; the ultimate path to freedom is a lesson in failure.

What should I do if I unconsciously hold my breath during the release process ? (150)

2020-09-30 (New) Views on the release method's fees, and how Hail Larry changed the release method to make it more suitable for promotion and profit.

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On September 9, 2020, a preliminary discussion was held in the Feng Ru group regarding the "stuck" issue.

2020-09-09 23:34:19

"Feng" is not a WeChat friend of anyone else in the group. Please be aware of your privacy. (Feng, 2020-09-09 23:38:26)

Don't you need to
ask a question? How
do you handle the
cards?

It seems to me that it uses the energy release method from the Book of Abundance?

@I am the group owner of Infinite? How can I solve the problem of the release function frequently getting stuck?

I was on 2020-09-11 07:08:37

@Wind ? That's normal. If it doesn't work the first time, try releasing it multiple times. You can try releasing other things first. Pay attention to becoming aware of and releasing the three basic desires.

Wind 2020-09-11 08:20:58

Okay, thank you. I have one more question: Do you use questions to help you release emotions, or do you simply focus on feeling them ?

I was on 2020-09-11 08:22:05

Asking questions is a way to experience the process of letting go of emotions and feeling energy. Once you've experienced this process and know how to release them, you won't need to ask questions anymore.

Before learning the release method, one unconsciously grasps and unconsciously lets go. Now, by using questioning to become aware of, practice, and experience the release process, one can regain the ability to let go.

Wind 2020-09-11 08:22:26

I also started with The Book of Abundance.
However, the release method
described there felt too abstract,
like using tubes or something
similar.
Did you consciously pull out your emotions and then consciously let go?

I was on 2020-09-11 08:24:51

@Wind ? You think it's abstract because you don't understand how consciousness works.

Simply imagine the energy of your emotions flowing out of your body from your chest and abdomen, and this energy will flow out, because the essence of energy is simply consciousness.

风 2020-09-11 08:25:06
但这样不是容易陷入想要控制吗？
我个人经验是只要过于有意识，就会卡住
后来有个人和我说，因为我过于注重身体能量应该去觉察情绪本身
但是这个太微妙了
稍不注意就又去压抑它了
需要去归类情绪是九大情绪的哪一类吗？

I was on 2020-09-11 08:29:03

You haven't even learned how to release your emotions yet, and you're already worrying about whether you'll fall into the trap of trying to control them? Putting aside whether you'll actually fall into that trap, first focus on releasing them properly, learning and mastering them step by step.

No need to categorize, it's not there yet.

Learn to release emotions first. Just know

the emotional levels; no need to categorize

them.

Wind 2020-09-11 08:30:43

No, let me explain my situation. I've been using the release method on and off for five years. I found the feeling of release a long time ago, using questions. But now I'm stuck in a plateau.

If you go any deeper, you'll get stuck.

I've tried following the six steps

to release my desire for change,

but I'm still stuck.

The methods in the Book of Abundance, specifically the Saint Dona Release Method by Hell, were taught by other students, but none of them felt particularly useful or handy.

They all release for a

while, feel like it

works, then then they

fall back into the same

cycle, stuck there.

So, I'd like to ask those of you who have had smooth operation: how do you resolve this situation?

Because I read your article, I felt that your method or understanding was quite unique.

I was on 2020-09-11 08:53:59

It's normal to go deep into cardiology; prioritize releasing the three basic desires behind the emotions.

Wind 2020-09-11 08:54:39

Oh, okay

Actually, I've always had a question

I can't quite distinguish between releasing emotions and releasing desires.

I usually just ask a question, then I discover the desire, and then I continue to release that emotion.

I was on 2020-09-11 09:02:13

The book of abundance requires you to conquer it chapter by chapter.

Wind 2020-09-11 09:03:03

Oh, so what does "passing the level" mean in terms of how much release is required? I roughly felt I understood it, so I flipped through the pages.

I was on 2020-09-11 09:03:59

It just requires learning how to release [the burden].

Wind 2020-09-11 09:05:31

Okay, thank you. I'll try releasing my three major desires.

September 14, 2020 : An introduction to the origins of the original release method: a release method video from 1992 .

the way audio

Wood 2020-09-11 13:59:42

According to the release law, venting
one's anger is already a form of

风 2020-09-11 14:00:08
发泄出来不算释放吧
压抑，逃避，表达，释放发泄是表达
不是释放

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:25:18

I really want to practice meditation, but I always find it boring, so it's hard to stick to it. (2020-09-14 15:29:50)

Boredom is a feeling
that can also be
described as "utter
despair".

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:44:33

The methods are all the same, right?

I seem to be avoiding the feeling of boredom, so I haven't honestly let loose . (2020-09-14 15:45:04)

My personal experience is that you
shouldn't think or analyze; just let
your mind go in circles.
Never get the answer
Just consider it as a release of energy.

I've felt really good releasing these past few days.

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:54:04

Did you use the method
taught in the Book of
Abundance or the
four-question method?

Wind 2020-09-14 15:55:39

I found the 1992 release law video
on YouTube ; Mr. Lester was still
alive at that time.
Although it was Hale and another woman who were teaching, the institution belonged to Lester Levenson (The Sedona Method) and taught primal liberation.

Law

This is it.

From its first to
fourth video, it
used a
three-question
question,
repeatedly asking
the same questions.
However, in the
fifth video, it
began to express
its desire for
control and
validation, at
which point it
stopped asking the
last two questions.
Simply ask, "What are you feeling right now?"—"From which basic desire does it stem?"—"Can you not..."

able?"

Simply identify what that basic desire is, and then ask if it's possible.

Then Lester Levenson (The
Sedona Method) has a the I
also listened to the Way
audio series .
He said that at the beginning he kept releasing a desire for control and a desire for recognition.
Then that "fear" of The fear of dying will
surface; release that fear, and you will be free.

I was on 2020-09-14 16:01:42
The purpose of asking questions at the beginning is to allow yourself to experience the process of release; once you've experienced release again, you won't need to ask questions anymore. Because the method of direct release has already been mastered. The actions of grasping and releasing are subconsciously repeated continuously.
The actions are repeated many times every day, but I never realize it.
Through the questions and explanations in the book, it becomes very easy to grasp what release is, and the process of release becomes something you control. Afterward, release is just a thought, like truly loosening your grip.
Wind 2020-09-14 16:01:54
yes
In another audio clip,
Lester said that this was
merely "allow it".
It is constantly being released
I'm currently using
simple questions as an
aid, like the one in the
fifth video.
Can you
Sometimes, when I let go, it
disappears when I try to become
aware of it.
I didn't ask back then.

I was on 2020-09-14 16:03:27
The first question in the sentence,
"can/cannot," is a mistranslation;
the original meaning is "whether or

not one has the
ability/capability."

Am I capable of letting go and letting it go? Am I willing to let go and let it go? When will I let go and let it go?

Pay attention to the entire process of releasing through questioning, and you will discover the specific steps of letting go. Afterward, you only need a single thought to release; there's no need to use questions anymore.

Wind 2020-09-14 16:05:45

The original text
is "could you
could" you let it I
asked directly in
English, "go".
It's mainly about the experience.
Don't worry too much about the meaning of the question.
It seems that once you get caught up in thinking, you can't let go.

Whether you have the will to force yourself to let go, and whether you have the ability to do so, are simply questions about whether you have the ability to let go. In other words, the first question is simply asking yourself if you possess the ability to let go; whether you actually let go is another matter.

Wind 2020-09-14 16:09:19

Yeah, I think the key is that it's really easy to stop doing something consistently.

Wood 2020-09-14 18:22:29

Don't you think asking too many questions is annoying? What do you think about the specific procedures? What are the pros and cons? If it's always...? A few simple sentences are okay.

Wind 2020-09-14 18:23:23

The original question wasn't so annoying; it was simply "could you". Focus on the feeling, then become aware of what the desire is, and then you can let it go.

Yitian 2020-09-15 06:05:41

Buddhism teaches you to observe yourself.
*How do you observe this all-seeing observer? ......
* We can't observe it, we can't think about it, we can't study it; we can only "become" it.
*You don't need to become it, because you've always been it. (2020-09-15 10:48:01)

What kind of nonsense is this?

Anyway, the writing seems very mysterious,
making people feel that the mysterious things
are very profound, and thus successfully
misleading a large number of people.

Doro 2020-09-15 11:18:07

> The entire article is full of vague and ambiguous things, confusing the author and making them dizzy. What is it?

good?

Wind 2020-09-15 11:27:13

> Things that promote mental analysis
> actually don't have much significance;
> they're not being released during the
> analysis itself.

I was on 2020-09-15 11:27:35

> The very first sentence is wrong; it doesn't mean that Buddhism is about observing oneself.
>
> The whole thing is about a method of observation. Regardless of whether this method of observation is correct or not, the key question is why we should use Buddhist teachings to prove this method of observation?

Huixin-Konghui 2020-09-15 11:29:10

> is asking
> the
> question?
> Very interesting

I was on 2020-09-15 11:32:14

@慧心-空慧? Asking who my Dharma is involves a system; it's not something you can just casually ask. For example, if you're releasing something and someone comes along asking, "Who's releasing it?" Is that really necessary?

Making random guesses seems sophisticated, as if you've discovered some amazing secret.

This essentially places a rhetorical question above one's true self, as if simply constantly asking rhetorical questions can solve everything.

Defeat everything

Huixin-Konghui 2020-09-15 11:34:00

That's also possible.

For example, who is releasing it? Who is defining it?

Wood 2020-09-15 11:36:33

The answer given by the mind is not true wisdom - Kong Hui

2020-09-15 11:36:47

When you truly allow and accept everything, there's no need for release, let alone proper release.

[Happy]

I was on 2020-09-15 11:37:11

The question is, did you give permission?

Is it really true that you accept everything just by asking a casual question? (Huixin-Konghui, 2020-09-15 11:38:05)

Our bodies are inherently karmic entities, and it's normal for everyone to react differently. Accepting everything is the best approach; once you see it, you can release it directly.

Wood 2020-09-15 11:38:52

Seeing anger doesn't release it; I see myself being angry.

The anger is still there.

On the contrary, it is easier to see a rational person emerge to

rationally control anger.

If you see it, you should still release it.

Otherwise, simply saying
that I saw myself getting
angry is not right.

The anger might then subside, but in reality, it has been suppressed.

When a person realizes they are angry, they subconsciously know it's wrong and immediately calm down. This calmness...

The stillness is actually fake.

This calmness often delays anger.

I think the key is to have an active release rather than using our minds

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Huixin-Konghui 2020-09-15 11:39:16

This method is only suitable for
mature practitioners and may not
be suitable for everyone.
Seeing it already releases me.
When you see it, allowing acceptance is already a release.

The acceptance law is back.
The observation method, the questioning method, the acceptance method—basically, all sorts of methods come to mind on the spot, plus a welcoming method, a triple welcome.

Wind 2020-09-15 11:42:03
The feeling of release is very clear.
Anything other than "release" doesn't qualify as "release. "
(2020-09-15 11:42:27)
We are no more powerful than our own minds, and we often identify with our minds, so we must concentrate on unleashing them and not let our guard down.
The mind often helps us calm down when we feel angry.
Often, you lose all sense of anger in that instant, but the anger hasn't truly subsided.

Huixin-Konghui 2020-09-15 11:43:01
You don't need to get rid of anger; you just need to allow it. Allowing anger to be a part of your life experience means being more lenient with yourself. Don't hate yourself so much, don't despise yourself so much.

I was on 2020-09-15 11:43:55
@慧心-空慧? The Dharma of Allowance has resurfaced.
Looks like you're quite comfortable living with a cesspool.
If it's allowed, then it's fine; the cesspool becomes part of oneself.

Huixin-Konghui 2020-09-15 11:44:50
Allowing acceptance is currently the best approach.
The release method is also quite good for beginners.
Finding what suits you best is the best. [heart][happy] When you truly do it, you'll feel truly at peace.
When you truly have no thoughts, you will truly be at peace.

I was on 2020-09-15 11:45:30

Your problem stems from clinging to
emotions and desires, being unwilling to
let go. Then, in a flash of insight, you
realize the importance of acceptance.
So
smart,
I'm the
smartest
.
Successfully escaped release

Go ahead and do it, but because this group is a release group, not an acceptance group, the methods are different and easily confused, so I have to ask you to leave. Please understand.

Huixin-Konghui 2020-09-15 11:48:39

Release them, allow us to do it together, otherwise why learn so much?
I also had to wait a long time before using it again.
This is just my personal experience. (2020-09-15 11:50:15)

Such a good thing, you can do it yourself. We're too silly to do it.
Goodbye! Best of luck!

Huixin-Konghui 2020-09-15 11:51:50

@IamInfinite ? Thank you for introducing me to the Release Method [heart] Without you, I wouldn't know how to perform the release technique.

[Happy] Me, 2020-09-15 11:52:28

Don't thank me. I think I did a terrible job. The people I mentored didn't learn to let go, they all learned to accept and question, they couldn't even see the difference between the two. It was a complete failure. [laughing]

Huixin-Konghui 2020-09-15 11:52:57

That's just a different experience for everyone . (2020-09-15 11:53:14)

You think you're so smart?
Your mind is deceiving itself without you even realizing it.
Mixing different methods of practice will not promote spiritual cultivation; it only deceives oneself and serves as a way for the mind to escape and release its attachments.
That's all.

Huixin-Konghui 2020-09-15 11:56:22

All the methods that suit you at different stages of your life share the same goal; every step you take counts. [heart emoji] These are all experiences, all valuable lessons.

I was on 2020-09-15 11:58:41

It's precious, constantly moving forward and backward, anyway, after all that effort, I'm still stuck in the same place, but I think I've traveled thousands of miles.

Huixin-Konghui 2020-09-15 11:59:24

Well, whatever, it doesn't matter . (2020-09-15 12:00:34)

Great, yet another "whatever is good" principle has emerged! You are the Dharma King!

Huixin-Konghui 2020-09-15 12:02:14

You are your own king. (2020-09-15 12:04:28)

No, I'm not. I'm temporarily unable to make my own decisions because I've already misled myself. (Huixin-Konghui, 2020-09-15 12:05:31)

Then let's make ourselves the kings of our own lives! [Happy][Heart]

I was on 2020-09-15 12:06:57

How can one be king before achieving complete enlightenment? (Huixin-Konghui, 2020-09-15 12:07:58)

You were already enlightened, you just didn't know it.

You are already awake, so where else can you find another awakening?

I was on 2020-09-15 12:08:01

Before truly reaching the end, don't believe that any method you come up with in your mind, no matter how reasonable it seems. The release method can only be used after Lester has reached the end.

Since you're awake, are you kidding me by mixing so many different methods? You're awake, what's the point of practicing anything?

Huixin-Konghui 2020-09-15 12:11:35

Can we take the world composed of our five senses and thoughts seriously? At best, these can only be considered information; if you believe the world is truly real, then that's just destiny.

I was on 2020-09-15 12:14:14

The result of mixing different methods is that one doesn't understand any of them, yet mistakenly believes oneself to have mastered them all . - Konghui 2020-09-15 12:14:30

I'm just stating what I know, and it's just my own experience.

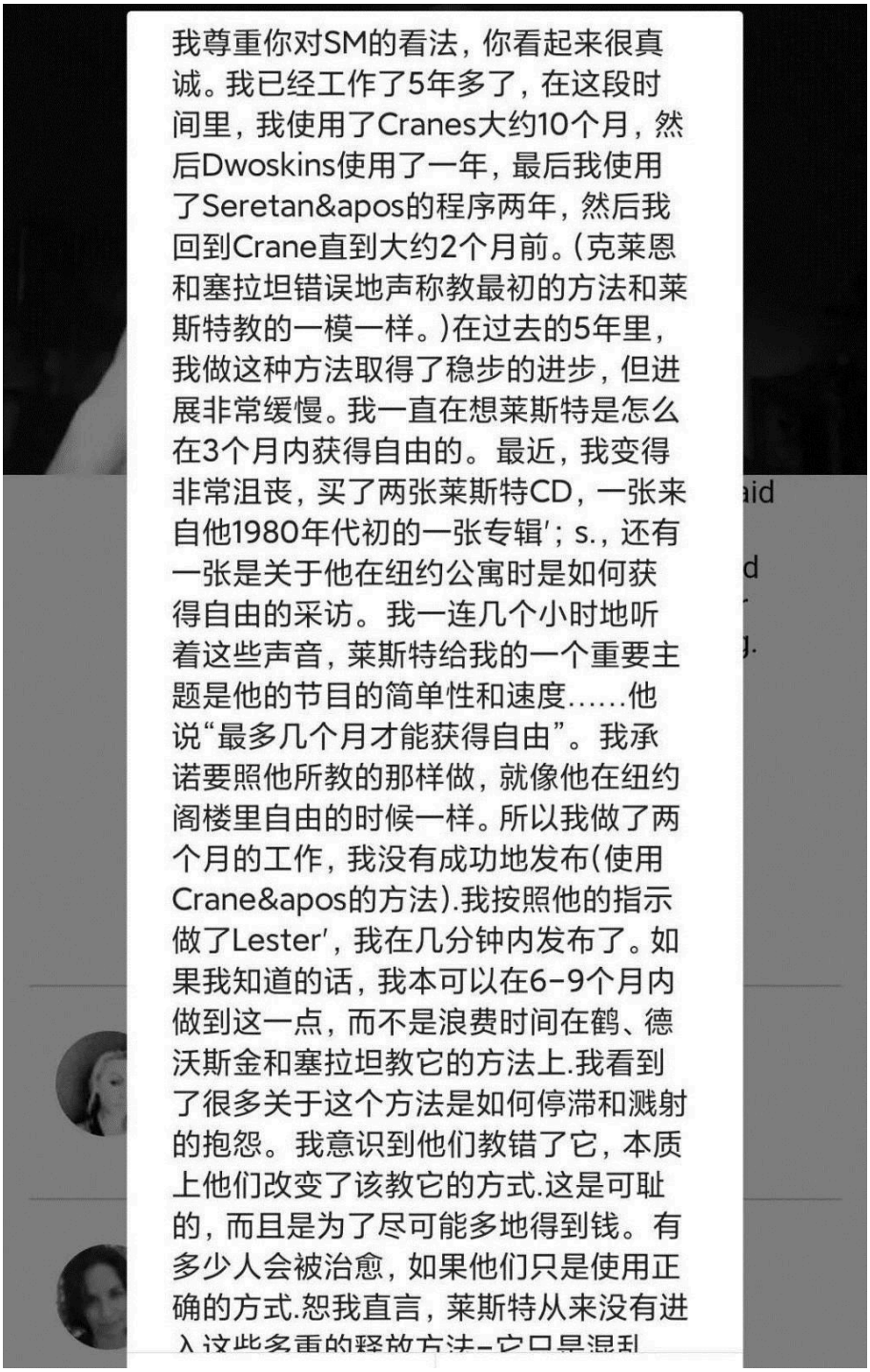
I was on 2020-09-15 12:15:47

If your experience differs from what's described in the book, then please revise your experience instead of taking the experiences on the spiritual path too seriously and starting to go in circles.

September 16, 2020: The drawbacks of Larry and Haier's teachings were recognized: inability to sustain development.

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen, 2020-09-15 13:19:19

腾讯翻译君
Hi Sanford. The foundation of both Larry's and Hale's approac...
嗨桑福德。拉里&apos和黑尔&apos的方法的基础都是Lester&apos的教导。他们是建立在相同的基本过程的放手和自我的限制感，是基于我们对缺乏的误解。他们的不同之处在于拉里&apos专注于纯粹地放手去揭示自由，而Hale&apos打开了教理，承认我们



Elekson 2020-09-15 20:32:55

When I try to release my pent-up emotions, there's always a voice resisting me, wanting me to fail, wanting me to lose focus during the process. Is this resistance?

Fellow group members, what should I do?

So, has anyone else had a similar experience? Maybe it's because I wanted to successfully release something, and then there was a force resisting

it.

Wind 2020-09-15 20:33:28

Releasing
desires for
control is
perfectly
normal;
everyone should
have them.
Anyway, I've had it.
Don't want to release, or can't concentrate, or get stuck...

Purple2020-09-16 12:59:58
@IamInfinite ? Where can I see his
prophecy? Did Lester ever say he
didn't encourage having children?

Wind 2020-09-16 13:00:59
Yes
His advice to his
students was not
to have children
and to be
vegetarian.

I was on 2020-09-16 13:01:11
"You know, my body died several times while I was out there, and I had to bring it back to life." I realized that was why he left his body in a desolate place to continue his interstellar journey. If someone found him, they would assume he was dead. Imagine the reaction of the funeral home staff when they saw him suddenly return "home" to change clothes ! He told me he retained a part of his identity with his body, which is why he was able to return. A master knows he is not the body; the body he leaves behind is merely a medium for communication. They don't have the procedures or desires for physical safety because they have no fear of death. Lester told me that when you are completely free of fear, you will find life very comfortable. That's the most important part of his method: releasing the fear of death, all your unhappiness will leave with it, because insecurity is its primary cause.

How did he solve the problem of space travel? Because none of us here can do it. He shed his physical body and traveled through thought in the form of a causal entity. He said you have to exceed the speed of light, which scientists know is impossible. When you want to go, you have to be able to use a tool that allows for instantaneous movement, like an astral or causal entity. You just imagine you're there, and then you arrive. Lester told me he went to Mars and landed in a patch of vegetation that looked like elephant ears. We're there now, landing and seeing a barren surface, as if there was once life there, when Mars was a material planet like Earth. Now it's an astral planet, and what we see are remnants of the past.

Yueyatou 2020-09-16 13:02:18

> A vegetarian diet is beneficial to physical and mental health, as the energy content of plants is higher than that of animals.

Plants give you
love . (2020-09-16 13:03:01)
I'm also a
vegetarian . (2020-09-16
13:03:50)

Regarding vegetarianism, Lester was referring to animal welfare, not the quality of animal meat. Although he also acknowledged that plant-based foods are indeed more nutritious.

Regarding marriage, Lester didn't mean against it, but rather that finding release was the most important thing . He felt that marriage would bring too many responsibilities and hinder this release.

I don't eat meat out of love. It's not because meat is bad and plants are better that I eat plants.

Wind 2020-09-16 13:04:40

It is mentioned in "The Road to Ultimate Freedom"

However, I still eat meat normally.
We're not paying much attention to that right now; we're just continuing to release [the information].
The book "Me and
Lester Levenson (
The Sedona Method
)" was also written
by his student.
This is also the only book that reveals a
lot about the supernatural aspect; other
books discuss it very little.

Doro 2020-09-16 15:27:03

It must have been translated in 2013, since Lester Levenson (The Sedona Method) died in 1992 .

Wind 2020-09-16 15:27:23

He died in 1995 , right?

Doro 2020-09-16 15:28:12

@Wind ? You used 1909 + 84 years old to equal the time of his death.

Wind 2020-09-16 15:28:44

Oh, I think I saw somewhere that he
died in 1995 , but that's not
important.

Doro 2020-09-16 15:29:03

So he must have died in 1992 or 1993 , definitely not 1995 , because everyone knows...

I know, he only lived to be 84 .

> @Wind ? Sigh, if I had known you said it wasn't important, I wouldn't have corrected you. See, I've fallen into my own stubbornness again.

yes

Leaping Flames 2020-09-16 16:43:48

> Many masters have said that humans are the highest form of life in the universe. The world is a place that can produce masters.

Only Earth

> I suddenly feel so lucky to be human, even though it can be really tough at times.

Wind 2020-09-16 16:47:11

> Lester is saying that Earth is a high-level classroom.
>
> Because this place is very heavy, heavy enough to provide sufficient motivation for liberation.

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are advanced souls-advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course a tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate course . This one is the most difficult, and therefore offers the greatest potential for growth. All of us here are advanced souls . Souls - Our advancement came after we chose an extremely challenging location to settle in. We wanted a more advanced, more difficult course, and we got it!

This is from an autobiography.

The reason Earth is so special is precisely because of its extreme hardships.

As Jesus said, "In my Father's house are many mansions. " After people drop the body they go into a world similar to this where they meet old friends. The main difference is that everything there is immediate. Whatever you think comes into being right away. So much easier a life than this.
As Jesus said, "In my Father's house are many mansions." After a person leaves this body, he will enter a similar world, where he will see old friends. The main difference is that everything there is immediate ; whatever you think becomes reality instantly, making life much easier than here.

It's heavenly, compared to this. But because of its being so Easy, There's little incentive to grow. Here, the opportunity for growth is the greatest.
Compared to this, it's heaven. But because it's so easy, there are few incentives for growth. Here, the chances of growth are the greatest.

Wind 2020-09-17 09:37:45

I don't have any special insights; it's just about continuous release. As long as you're not actively releasing, it's just your mind creating a

story. Once you become aware of it, just continue releasing.

Instead of studying metaphysical concepts and describing freedom ten thousand times in different languages, it's better to try it out.

mouth

Release it so that people can experience it directly; if they can experience it directly, then don't drag it down to the level of thinking and guessing.

This is what I think.
So, it's about constantly releasing; don't stop and everything else will disappear.

Stars 2020-09-17 09:45:00
I'd like to know, when you're not busy or experiencing any particular emotions, what do you release? Thoughts? And how can you sustain this release?
Wind 2020-09-17 09:45:19
That's a feeling . (2020-09-17 09:45:59)
Can I release emotions at any time? For example, what should I release now? Without any emotional fluctuations.
Wind 2020-09-17 09:46:09
You see, this release method table shows that dull emotions are also emotions, and boredom is also an emotion.
The feeling of "blankness" is also an emotion.
The moment you look at them, you feel a desire to control and to be recognized.

Stars 2020-09-17 09:47:19
Then you need to constantly observe and experience your current feelings, and then release them, right? (Feng, 2020-09-17 09:47:26)
If you're willing to feel it, you will be able to feel it.
For example, if you don't release your emotions,
you might unconsciously watch videos or read books;
this is driven by subconscious emotions.
I can't stand this boring feeling.
If you don't resort to escapism, but instead release the feeling of boredom, you're releasing the feeling of being bored in the present moment.
After releasing your pent-up emotions, you'll be less bored and more likely to continue sitting here releasing what comes to mind.
emotions

The continuous feeling of relaxation and clarity will propel you forward — this is based on my

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neamo 2020-09-17 09:49:56
I assigned tasks to my subordinate, and I sensed some resistance. I believe the tasks I assigned are essential for someone in that position and shouldn't be resisted; even if they're difficult, they should try to overcome them. This made me feel angry and resentful. What should I release in this situation?
Wind 2020-09-17 09:50:11
Didn't you describe
it? Anger, resentment
Don't think about it, just release it.
neamo2020-09-17 09:51:02
If it's about "release": If I allow employees to resist, does that count as release? (Feng, 2020-09-17 09:51:19)

The group admin repeatedly emphasized that the permission method is not a release method.

Release is a conscious experience; your emotional energy flows through your body and is released. It targets only the emotion and the fundamental desires behind it.

neamo2020-09-17 09:52:14

My question is, is "employee resistance" considered an emotion? The Saint Dona release method involves a question: "Can I allow...?" (Wind, 2020-09-17 09:52:34)

Employee resistance is not the answer; your resistance is acceptance, and that is the outcome.

It is not a method.

After you've given them a break, you might accept all of your employees' behavior , but that doesn't mean you should have said that in the first place.

neamo2020-09-17 09:53:49

I still can't distinguish between the "release" and "acceptance" you mentioned. (Posted by Silly-Understanding Wind, 2020-09-17 09:54:01)

Have you ever experienced the feeling of release?

If you've experienced it, it's easy to say; if you haven't, it's harder to say.

neamo2020-09-17 09:54:31

I use the Sedona release method. When I encounter emotions, I recite those three sentences.

Wind 2020-09-17 09:54:55

Hmm, have you ever clearly experienced the feeling of having your emotions released?

neamo2020-09-17 09:55:37

In the Book of Abundance, there's a method for imagining a pipe, but I can never quite manage it. I imagine this pipe, but it's utterly useless. My emotions seem to disappear when I try to release them using the methods from the Book of Abundance. (Wind, 2020-09-17 09:55:59)

The pipes are useless to me; everyone has their own suitable entry point.

But once you've experienced release, you'll know what it is.

neamo2020-09-17 09:56:31

When I used the Saint Dona method, it wasn't very clear; it seemed to gradually calm down. (2020-09-17 09:57:00)

> You mean you still can't accurately distinguish between release and repression/escape?

neamo2020-09-17 09:57:38

My current understanding is that the Sedona Release Method is an experiential method. I don't care whether it's good or bad, or what its use is. I just ask myself questions according to the method, asking and answering them over and over again.

Wind 2020-09-17 09:58:04

> Hmm, that works too.
>
> However, once you experience what release is, you can continue to release.

neamo2020-09-17 09:58:31

> No, I can generally distinguish between repression/avoidance and release. I rarely avoid things.

I think

> After repeating it a few times, I didn't feel the energy disappear; I just felt calmer.

However, there wasn't a clear boundary between turmoil and calm. Therefore, it's unclear whether it was ineffective. That's my understanding.

The effect of the Book of Abundance's release method is similar to the feeling of tightness in your chest when you're angry with someone; once you release it, the tightness immediately disappears. I don't experience that feeling with the Book of Abundance, so I don't want to use it anymore.

Wind 2020-09-17 10:03:23

Learn through
experience, not
by imagining.
Based on your description, I tend to think you may
not have experienced the feeling of release, because
personally, the feeling of release is very clear and
obvious.
The emotional energy flows through the body and leaves,
immediately resulting in a feeling of ease and greater
pleasure. This way, you won't confuse things like
acceptance.
The word "release" corresponds to an extremely
tangible experience in your life . (2020-09-17 10:07:08)

@Wind ? Could you please give me some pointers? I also feel that the effect of my release isn't very clear or obvious; it always seems to fade away on its own over time.

Wind 2020-09-17 10:07:48

This is what you need to practice.
Other people's descriptions cannot
directly give you an experience.
For example, if you ask: "How do I
feel right now?" you might see
"boredom" in your answer.
Then, you simply feel it for a while, and
this feeling will become clear. Then you ask
yourself: Can I simply let go and let it go?
My first instinct is to say yes if you can,
and no if you can't.
There is no need to use your brain to think about this proposition.
By doing this and honestly
examining your feelings, you'll
know whether you've been released.
Because if it hasn't been released, it's still
there when you look at it; but if it's released,
it's gone, and a deeper feeling will emerge.

neamo2020-09-17 10:12:31

When you release it, you should imagine that there is a ball of

emotional energy in your body, and then use an imaginary , visible channel or something similar to transport it away.

Wind 2020-09-17 10:12:41

I don't do that
This approach has limited effectiveness for me.

neamo2020-09-17 10:12:50

I feel like my thoughts
completely disappear as
soon as I think about it.
So what's your method?

Wind 2020-09-17 10:13:03

I tried many methods to achieve release six years ago.
Later, using that original release
method, I gained some experience , which
involved feeling emotions and then
asking myself if I could let go.
Emotions are simply a form of energy; if you
can clearly experience them, there's no need
to imagine anything more.
In practice, there
are only two
possible outcomes:
one is that you
release it.

One possibility is
that you suppressed
it instead of
releasing it.

words like "acceptance," "xxx , " or "xx" to gloss over the fact that you haven't released it . If you haven't released it, just face it again and continue to release it.

September 17, 2020: Larry and Hale's additions and modifications to the Primal Release Method; Lester's possible reasons for not correcting the body's cancer; Feng's introduction to the main points of the Primal Release Method and its interpretation.

Release to obtain matter

I was on 2020-09-17 10:58:52

Yes, there will be moments of sudden enlightenment on the path of release. For example, if you can release just one emotion, it means that all other emotions are false. That's enlightenment—directly realizing emptiness.

It's like saying that if you discover a single drop of seawater is fake, then the entire ocean doesn't exist.

So the release method isn't actually that simple; if you delve deeper, you can uncover a lot.

in the end.

This shows why we shouldn't take those insights gained on the path to liberation too seriously. Because what you gain from them...

What are all these examples? [Laughing] The examples I gave above are true insights, which will only help with liberation , unlike those crooked paths that only hinder and delay liberation.

For example, some practitioners have realized that simply observing emotions is enough; there's no need to actively release them. Others have transformed the release method into acceptance, observation, or simply the present moment. In short, you can play around with these methods , but don't call them release methods; that's just your own mind's self-righteousness and escapism.

I'm not saying this to criticize, satirize, hinder, or look down on anyone. It's simply because this liberation isn't for others; it's truly for one's own freedom. To achieve one's own freedom, being stricter, more cautious, more humble, and more prudent is the right approach.

As the release process deepens, you'll increasingly discover that the deepest recesses of your subconscious are the details of everyday life and your habitual routines. At this point, it's crucial to be extremely cautious and strictly adhere to the release method, leaving no room for error, in order to truly release your subconscious.

Wind 2020-09-17 11:43:07

The group admin's advice is excellent! [Thumbs up] Don't take any "insights" too seriously; once you have an "insight," you'll go astray. If you find yourself emotionally affected by this "insight," just continue to release your emotions and basic desires. Only by reaching the end can you see the whole picture.
The release method can reach the destination without any need to change the method midway. That's a cunning trick to make you stop releasing.
As long as the release stops, it will lead to restrictions on the world.

I was on 2020-09-17 12:23:56

[Strong]
@Wind ? Have the three basic desires begun to be released? Wind 2020-09-17 12:29:23

Well, right now we're mainly focusing on releasing the three basic desires, primarily the first two.

Wanting to control
and wanting to be recognized .
(2020-09-17 13:20:41)
Continued release of joy - Lester Levenson (The Sedona Method)
The more joy we experience, the closer we are to our true nature. Joy is peace. Joy fills you with energy. In a state of indifference, everything is difficult; the energy of joy is at its highest...
I don't quite understand the meaning of this article. If you feel better and joyful after releasing, how can you continue to release?
Whether you understand or not doesn't really matter
[smirk]. Anyway, I'm not happy most of the time. (2020-09-17 13:22:39)
Joy is also a feeling
See the (emotion chart) which side to accept.
Lester Levenson (The Sedona
Method) used the word "
better." What does "better"
mean?
I feel so relieved. Is there anything better to come?
So in one of the audio episodes, they talked about not releasing it . to get It's not about being high , it's about getting. high
to release

Stars 2020-09-17 13:24:56
Is enlightenment the only goal
? (2020-09-17 13:25:17)
You still don't know what enlightenment means?
Lester's point is that you shouldn't stop just
because you've benefited from releasing something,
because there's no such thing as complete stillness.
There is no standing still. If one is not going forward, he is going backward. If
he is going in the direction of the world he is in the opposite direction of
freedom from limitation, as the world is of Limitations.
There is no such thing as standing still; if a person is not moving forward, then he is moving backward. If he is moving towards the world...
If he goes in that direction, then he is going in the opposite direction to freedom from limitation , because this world is limited.
As long as you stop releasing your emotions, you are suppressing them and you are regressing.
You release, then feel joy, and at this point, the desire for control kicks in, so you stop releasing.
put

This is regression.

We should continue to release our potential and move towards higher and deeper levels.

Instead of waiting until you revert to your previous state and repeating the process over and over again.

Stars 2020-09-17 13:28:05

Oh, I don't quite understand yet, but anyway, joy can't last forever; it will definitely fade away.

Just keep releasing it.

Zijing 2020-09-17 13:29:23

@Wind , will it revert to its previous state? Or will it at least be better than before?

Wind 2020-09-17 13:29:38

Maybe it will be better.
At least you have experience with release.
But my personal experience is that I've been trying to renounce my past six years, on and off, with frequent relapses, and this is because I haven't made a firm decision.
These are all detours; we can't go back to them, can we?
I read a lot of metaphysical theories along the way, but actually, they were all used to escape interpretation.

put

It's actually meaningless to study how to "describe" that ultimate state.
According to Lester, all the knowledge needed for the release method is contained in the six steps; you only need one simple and direct path.
Then just keep going without looking back.
Therefore, anything that encourages you to continue releasing should be viewed with caution, while anything that makes you stop releasing should be viewed with wariness.
Once the release stopped, I knew I was wrong.
At least, anything that doesn't stop you from progressing on your path, no matter how sacred it's packaged, is useless.
My general idea is
to simply put it
into practice.
The truth will be revealed to you; it doesn't need to be embellished with words from this side of the river.
Lester Levenson (The Sedona Method)'s story unless you experience it firsthand. The Way audio series repeatedly talks about this. The perfect six steps

Huang Jing 2020-09-17 17:14:17

Excuse me, I'm new to the release method. Could you please explain the six steps to freedom? (Qian, 2020-09-17 17:19:43)

1、 允许自己对波澜不惊或者是自由的渴望超过想要被认同、想要控制、想要安全妥当和想要分离的欲望。
2、 认定自己能够通过释放来获得自由、达到波澜不惊的状态、或实现目标。
3、 允许自己审视一下自己所有的感受，把它们归结为四大欲望：想要被认同、想要控制、想要安全妥当、以及想要分离，然后允许自己把它们放下。
4、 让释放成为自己的常规行为，一直保持对四大基本欲望的释放，不管是在人前还是人后。
5、 如果你真的在哪里卡住了，把想要控制或改变这种被卡住的局面的欲望释放掉。

ICHI 2020-09-17 17:38:22

Why is the discussion of the four major desires here ? (2020-09-17 17:48:48)

丰盛之书版 六个步骤

1. 你想要进入内心的平静，让这种“想要”远远超出你想要认同、控制以及安全感的欲望。

- 坚信你能通过运用释放法进入内心的平静。
- 把你所有的感受都归为这三种欲望：想要被认同、想要控制和想要安全感。随时发现，随时释放。
- 把做释放当成一种习惯。
- 即使你遇到瓶颈，也要释放掉想要控制瓶颈的欲望。
- 每次你做完释放都会更轻松愉悦，如果持续做释放，就会持续感到轻松愉悦。

Wind 2020-09-17 17:49:32

The idea of separation was added by Haier later.

I watched the original release method videos and all of Lester's audio recordings, and they all talked about the three major desires. Lester mentioned this in "The Way" .

There's only one thing that, once you let go of it, will end it all:

fear of dying.

Fear of death

However, you need to release enough of the desire for control and the desire for validation before you can release the deep-seated fear. of dying appears

I was on 2020-09-17 17:58:49

Every time we release the desire for control, validation, or especially security, the underlying fear surfaces. This is because these three basic desires are designed to escape fear; in other words, they are defense mechanisms against fear. Releasing these three basic desires leaves the underlying fear nowhere to hide and exposes it directly.

Fear energy is released just like emotional energy; there's no difference . (2020-09-17 17:59:25)

Um

All are survival programs

Survival Program

Lester Levenson (The Sedona Method) said the same thing (2020-09-17 18:00:41)

What did Lester Levenson (The Sedona Method) say? I didn't check, it's all in English [facepalm]

Wind 2020-09-17 18:00:41

fear of dying is just a Feeling the fear of death is merely an emotion.

The general idea is that it allows people to release enough of their desire for control and validation, and beneath that lies the fear of death.

This fear is just a feeling, like any other feeling.
However, your tendency to escape it is very strong,
and there is a great deal of inertia , so you need to
work hard to get it out and let it leave.
When it comes out, you'll find that you
haven't died; you're still alive, so you
can keep watching it again and again.
Until completely released
So Lester said this in Keeping It Simple,
he even just said it was about releasing
the desire for recognition and the desire
for control.

Because you release enough, those below it will automatically be aware of their desire to survive.

The reason, or driving force, that makes you want to be recognized and control is the desire to survive (the fear of death).

Lester Levenson (The Sedona Method) has basically never said he wants to separate.

I was on 2020-09-17 18:09:13

You seem quite familiar with these recordings of Lester Levenson (The Sedona Method). (Feng, 2020-09-17 18:09:36)

Yes, I've listened to every single one I could find at least twenty times.

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen? (wxid_y35e3zj36bhv22) 2020-09-17 18:09:34 @Wind ?

Please translate and organize the text.

Wind 2020-09-17 18:09:55

Sure, I can do it when I have time. (2020-09-17 18:09:59)

[Facepalm] Then I'll translate and share more!

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen? ? (wxid_y35e3zj36bhv22) 2020-09-17 18:10:20

Yes, that's right. (Translation style: 2020-09-17 18:10:19)

Lester offers several suggestions in "The Way," saying that doing any one of them will grant you freedom.

One is get everything and anything by releasing only

It's about getting everything simply by releasing it.

He further explained that this means you will constantly release because you always have something you want.

The other one is release. the fear of dying directly

It means "directly releasing the fear of death".

the "way" should be considered an advanced course.

The lectures were given to graduates of the release method course, and these people all released quite

well.
I listened to several audio programs while studying abroad, and they resolved many of my questions.
So I listen to it often and remember some phrases very well, like the "the way" series.
Because the early audio only had a limited amount of content , I listened to it a few times and then stopped.
However, the later audio revolves around the release method.

Then I watched the 1992 release practice course. The way they taught release practice back then is different from how they teach it to students now.

This aligns well with the approach Lester described in the audio.
First, find the feeling of release. Then, release the desire for control and the desire for validation. Finally, when you can see the desire to survive (the fear of death), release it.

I was on 2020-09-17 18:18:37

Did Lester Levenson (
The Sedona Method) teach him
personally? (Feng, 2020-09-17
18:19:11)

no

It was Haier and
another woman, but
Lester was still alive
at the time, and Haier
was the workshop
leader.

It was Lester Levenson (
The Sedona Method)'s designated release
law instructor . (2020-09-17 18:20:06)

Even when Lester Levenson (The Sedona Method
) was alive, no one dared to act recklessly; now that he's
gone, everyone's just messing around! (Wind, 2020-09-17
18:20:09)

Haier later established its
own organization to release
the law, which added many
things.

It has become very complicated

Actually, the initial
teaching was very simple .
(2020-09-17 18:20:53)

Yes, the release method is
extremely simple; I learned it
strictly according to the Book
of Abundance.

Wind 2020-09-17 18:22:55

The Book of Abundance also includes a workbook

I took a look at this book; it's
basically the same process as Lester
Levenson (The Sedona Method)'s, but
it adds a lot of its own elements.

Later, I summarized the teaching methods from several books.

Larry's approach to the process aligns
with Lester Levenson (The Sedona
Method)'s abundance curriculum, but
the specific delivery method doesn't.

Haier's book uses questions to explain the release method, which is more accurate, but the process doesn't match; both of them have complicated the methods.

The tube method was invented by Larry.

How was the original release method taught? (2020-09-17 18:29:45)

Maybe you're more suited to this kind of imagination; no matter how I think about it, it's useless.

I was on 2020-09-17 18:30:00

How did Lester Levenson (The Sedona Method) teach Feng? (2020-09-17 18:30:00)

Later, after watching the 1992 release law video, I immediately pulled out a picture.

This is the emotion chart.

Then ask someone to think about a question and pay attention to their current emotions.

Then find out which of the nine emotions you have in the table, and feel it for a while.

Then comes the three-question question.

could you, would you , when

This is the initial method for getting a feel for things.
In the fifth video, the tutorial begins to
teach "deeper release," which involves
releasing the desire for control and the desire
for validation.
At this point, he discarded the
last two questions and focused
first on how he felt in the
present moment.
Then pay attention to whether this feeling
stems from a desire to control or a desire to
be recognized. If it's a desire to control...
Ask yourself: Can you allow yourself to be more
aware of this desire to control? Then ask
yourself: Can you let go of it?
Then, let's see if there's anything left that we want to control.
Then, " be more aware of it " means to become
more aware of it, and then " could you let
go?" of it"

He explained that the reason this method of releasing desire omitted the following question was because once you can identify what the desire is, it will surface .

You will naturally have a tendency to let go directly .
Unlike releasing emotions, it doesn't require asking
"Are you willing?" and "When?" followed by a series of
repeated questions.
Generally speaking, initially, to
survive, one needs to release enough
desires for recognition and control.
Only when the desire to survive (the fear of death)
lurking beneath them surfaces and becomes apparent
can it be released.
So this is the method I'm using now.
However, I'm still in the stage of
expressing my desire for recognition and
control, so I haven't seen much of the
underlying fear of death.
To summarize, all feelings (emotions) stem from three
fundamental desires; one arises, the other is released. As
Lester said in *The Way*...
One must desire freedom more than desire the physical world.
He further explained that most people cannot understand what the

physical world means, so he changed it to "one must desire freedom more than the desire for control and recognition."

Then, a decision needs to be made.

This is the first two steps of his explanation of the six steps.

Without this decision , you will definitely back down.

If you are determined to reach a certain place, you will reach that place.

For example, if you decide to achieve a goal, you will stop when you achieve it. But if you take freedom as your goal, you won't stop until you achieve it.

That's roughly the idea.

What I'm saying might be a bit disorganized.

It's really about paying attention to the emotions and then recognizing the underlying desires.

I highly recommend watching Lester Levenson (The Sedona Method)'s The way, the right The audio files for "path" are very helpful.

Very inspiring, thank you for sharing.

I was on 2020-09-17 18:48:10

In comparison, I found that the intubation method is excellent; it greatly helps people truly experience the specific process of release, and this process is actually the same as intubation—emotional energy directly leaves.

Furthermore, actively letting emotional energy leave further emphasizes initiative.

Wind 2020-09-17 18:48:44

It may vary from person
to person.
Some people are
visual learners and
some are auditory
learners.
I've met some people who
study the release method;
some have a special
affinity for the tube
method but not so much
for the question method.
Some people are more receptive to
questioning techniques than to the
tube method. However, once you know
how to release tension, it doesn't
really matter which method you use.

I was on 2020-09-17 18:50:51

The question made me realize that the process of release was actually similar to inserting a tube, but the analogy of inserting a tube is even more vivid and descriptive.

Wind 2020-09-17 18:51:22

My first experience of release came from the word "decompression" in the Book of Abundance. How did I experience that?
It's about feeling
emotions in your chest
and abdomen , and then
naturally wanting to
leave.
As long as I don't suppress it,
it goes out on its own. Then I

use the questioning method, and
it works much better. So I guess
I've gotten some help from both
books.
Many newcomers find it difficult to get a feel for the game.
I have a friend who's been trying to release
stress for years, but he still hasn't found the
feeling of release. He's even tried tubes.
I just can't find it
So this is a difficult thing to explain.
I don't know how to explain this "finding the feeling" to others.

I was on 2020-09-17 18:59:30

The important thing to note when inserting a tube is that the sensations are entirely under your conscious control, because sensations are inherently a matter of consciousness. Simply imagine the energy being expelled, and it will be expelled; this can be directly verified.

If you don't believe this, or strongly resist it, you'll feel that inserting the tube is useless and ineffective . The question is, when you keep asking yourself these questions, you decide to let the feeling go. It's this awareness of letting go that...

Simply let the sensation leave and be expelled from the body. The principle is the same.

There's another easily confused point here: you might find yourself simply observing your feelings without doing anything, and those feelings will automatically release some of them. This passive release is completely different from the active release in the release method.

Wind 2020-09-17 19:02:15

> Yes, that's the decision.
> I think one advantage of
> the Book of Abundance is
> that it emphasizes the
> "sense center."
> I've noticed that some people who started with Haier's
> book don't understand what release feels like; some even
> mistake the feeling of "becoming a little less intense" as
> release.

"There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like: "Get to the place where no one and no thing can disturb you. When someone disturbs you and you don't know why, the thought is subconscious. Bring up the thought. By constant trying you will develop the habit of actually getting it up; you'll see that there's a limiting thought, an ego or selfish motivation behind it and you'll drop it.

There are many ways to do this. The booklet *Eternal Truth* introduces some methods, such as "Go to a place where no one or nothing can disturb you." When someone disturbs you and you don't know when, that thought is a subconscious thought. Pull that thought out. Through consistent practice, you will develop the habit of digging out subconscious thoughts, discovering that behind a finite set of thoughts lies the ego driving them, and then you will release it.

Q: Is just seeing the subconscious thought or motivation Enough?

Q: Is it enough to just see subconscious thoughts or motives?

Lester: Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative.

A: No, that's not enough. You also need to consciously release it or consciously eliminate the associated habits or quirks. I'm assuming you want to release these thoughts because they are all limited and negative.

This is a passage from "The Road to Ultimate Freedom" where Lester says something similar to what the group leader said: simply seeing is not enough. You need to "consciously" release me.
(2020-09-17 19:10:07)

I once thought I would stop using my own words when answering questions in group chats and instead quote Lester. But I haven't read enough books to do that. I've discovered you can.
Wind 2020-09-17 19:20:15

I used to be too interested in studying theories, which led to several years of back-and-forth studying. Now I don't look at anything else, I just review the six steps. At most, I listen to a few audio files sometimes. Releasing is a simple matter; any problems can be resolved within the six steps. Let's encourage each other and share our experiences. Then do not stop releasing.

Group member 2020-09-17 20:36:46

Pre-order the bilingual (Chinese and English) edition of "Life Is Beautiful: "How to Play the Game of Life Well" is a practical guide.

Release method

I was on 2020-09-17 20:38:34

Just based on the title of this book, it's clear it's not on the same wavelength as Lester Levenson (The Sedona Method). (Feng, 2020-09-17 20:39:47)

To play with this world , to try to make it a good world , as is generally done in metaphysical teachings , is fruitless as far as Realization is Concerned, the metaphysical teaching of "playing games with the world and making it a better world" is of no benefit to enlightenment .

The Road to Ultimate Freedom

're definitely not on the same path. (2020-09-17 20:42:48)

@Joy The book "Life Is Beautiful" may be very well written, but don't associate it with the Liberation Practice. This doesn't mean that people who study Liberation Practice can't read other books; they can. It just means that after reading them, don't confuse them with the Liberation Practice.

Wind 2020-09-17 21:01:14

I've studied many theories before, including early Buddhism, Yogacara, Zen, and Taoism... but I won't go into those now; mixing different methods is meaningless. Methods like Mahasi Sayadaw, Sun Lun Sayadaw, and Goenka Sayadaw that I learned before are all good, but the release method is the simplest and most direct. Moreover, the methods of enlightened beings are often very complete. It doesn't need the supplementation of "lessons from other mountains" like worldly scholarship. (2020-09-17 21:06:38)

@Wind Yes, the release method is the complete method. Just focus on one, and

you'll understand everything.

The true goal of the liberation method is to achieve true freedom. If the goal is only to live better in the world, then many desires cannot be truly released.

Wind 2020-09-17 21:13:41

He probably didn't experience the feeling of release because he said it "expelled from the soles of his feet."

Is this a possible situation? (2020-09-17 21:14:24)

It might be a method I modified randomly.

Wood(jerry_write) 2020-09-17 21:19:25

@Wind ? Could you please summarize what you said today in writing?

Wind 2020-09-17 21:20:02

It's basically just repeating what Lester said in the audio.
I'll translate the "The Way" series
later and make a transcript. It's best
to just listen to this; Lester explains
it very clearly.

I was on 2020-09-17 21:23:29

@Feng , you saw a lot of English, did you see any information about Lester dying of cancer? I heard about this from a fellow practitioner who used to guide me a few years ago , but I have serious doubts about it.

Wind 2020-09-17 21:24:20

I haven't seen it.
I don't care about this.
Because the Buddha died
from poisonous
mushrooms and suffered
from back pain for many
years.
This point was also mentioned in "The Road to Ultimate Freedom".

a higher state to have a sick body and not identify with it. And that's why certain Masters do that. They will go through life with a weak or sick body, all the time maintaining their peace and equanimity. And they Welcome it because it is an opportunity to be constantly reminded that they are not the body.

To possess a diseased body, yet not to identify with it, is a higher realm. This is what some masters have done. They experience life with a diseased body, yet remain serene at all times. They welcome illness because it creates opportunities, constantly reminding them that they are not this body.

The discipline of having an imperfect body and not allowing it to bother you are a very high spiritual discipline. Many fully realized masters go through life with a sick body setting an example of non-emphasis on the body because the body is a cage of Limitations. We are not in the body but the body is in us. Our greatest limitation is, "I am this body." Not only is the body a limitation but also associated with it are hundreds of other limitations. So, although at first I corrected body imperfections instantly, I now prefer not to correct the body, but to have it touch me not, not even in the slightest, regardless of What is happening to it. This is something I started three or four years ago.

Having an imperfect body and preventing it from bothering you is a highly

spiritual discipline. Many fully enlightened masters are excellent examples, because they lived their lives with a diseased body; the body is a prison of limitations. It's not that we are inside the body, but that the body is inside us. Our greatest limitation is: "I am this body." Not only is the body a limitation, but hundreds of other limitations arise from it. So, although initially I...

It instantly corrected my body's imperfections, and now I prefer not to try to correct my body, but rather let it not affect me, no matter what happens to it. I've been doing this for three or four years.

> This is what Lester said in "The Ultimate Freedom," so even if he has cancer, it doesn't prove anything. He has become inclined not to correct his body, but rather to say, "I am not this body."

I was on 2020-09-17 21:28:39

This issue actually needs to be clarified. If it really is cancer, then it needs to be debated. Because when beginners hear this news, their faith in the release method will be severely shaken.

Wind 2020-09-17 21:29:15

> Then look at the chapter on the ultimate path to freedom; that chapter says there are three stages.
> The first stage is "cannot".
> Then change what you cannot do into what you can do.
> Finally, once you can achieve that, don't pursue a perfect body; I haven't seen that message either.

I only heard Lester say in an audio recording, "Some people say I take some vitamins, so what ? The key question is, do I have to?"

> The master's choice to live his life with ailing health is itself a discipline of maintaining a high level of spirituality; perfect health is merely the second stage.
> The highest stage is choosing not to become this body. Lester made it very clear. If you can't, then do it.
> "If you can, then let it remain in its sick state and don't try to accept it." This is a matter of skill level.

You can't keep ″ I can't ″ in your mind, which
is why you should try to do what you can't do.
Change your inability to
become the ability to
release all
″impossibilities″.
But once you can do it, once you have the freedom to choose, you can choose not to correct your body.

Body

Moreover, there is no such thing as a perfect body.

I was on 2020-09-17 21:40:27

The body has become merely a tool . (2020-09-17 21:41:33)

Didn't Lester Levenson (The Sedona Method) say that in the video?
if you really like the body that much, you stay eighteen all your life

If you truly love your body that much, you could stay 18 for life.

There's another sentence after that,
maybe 16, I don't I know maybe I'm 16.
Then his female student added, 25
Initially, the desire for material
abundance might be helpful; early
abundance courses were designed in
this way.
They place great importance on "goals" and " gains " .
In my personal opinion, this should correspond
to the first and sixth steps of the six-step
process, which are roughly about accumulating
and releasing motivation.
Not everyone knew what freedom was
at first; we pursue happiness in
various areas.
In other words, if you really want to achieve your goal, you won't stop until you do. Lester emphasized, you have to be the winner
This is also an
audio clip where
you have to be a
winner.
Otherwise, that sense of frustration will be
suppressed and accompany you throughout your
life. He emphasizes that releasing your goals
means releasing them until material things
fall into your lap. It doesn't stop once it's
almost released.
Most people don't obtain material things because they stop releasing them once they feel "okay."
At the same time, they indulge in this relatively comfortable feeling, refusing to look at the more suppressed negative emotions below.

thread
I was on 2020-09-17 22:15:30

My few instances of certain realization of matter were not through release, but through direct surrender ; I have no experience with realizing it entirely through release.

Wind 2020-09-17 22:15:59

I rarely let go completely.
But I later realized that I was running away from this.
Because I previously believed that "wanting to
release the goal too much actually prevents it from

being achieved," but this conflicts with Lester's repeated emphasis.

Lester emphasized that once you set a goal, you must achieve it, so I tried it once.

A decision was made, and the release will continue until the goal is achieved.

It was then that I realized I had been clinging to a limiting belief that I couldn't control how my goals were achieved.

I was on 2020-09-17 22:17:39

Has it been achieved? This kind of thing, where achieving it just once means liberation from all wind. (2020-09-17 22:18:07)

That was achieved, but I'm not completely free [laughing emoji].

However, I'm no longer opposed to my goal.

I used to be somewhat resistant to setting goals . (2020-09-17 22:18:45)

I also underwent a complete release targeting my goal, and although I haven't achieved it yet, what I uncovered shocked me . It revealed many unconscious, habitual beliefs I hold in my daily life that were actually hindering my desire to achieve my goal.

Wind 2020-09-17 22:18:48

Now I'll set some smaller,
more achievable goals.
Abundance courses teach students
to set goals from small to large
because this gives them a sense of
accomplishment.
It will gain more
motivation to release it,
and as the motivation to
release it gradually
increases, it will also
crave freedom more and
more.

I was on 2020-09-17 22:20:47

I have a knack for making requests that work very well. I can imagine what I want to eat, and then ask my grandma to cook it for me as soon as possible, either that afternoon or the next morning.

Then I realized it wasn't me who was very effective, it was my grandma who was very effective.... Wind 2020-09-17 22:21:11

According to Lester Levenson (The Sedona Method), we are all pursuing the same thing.
In everything we search for, we find "happiness without any sorrow," and eventually we gradually realize that "all happiness comes from within."
Freedom thus became the sole objective.
Initially, release the material target.

I felt great releasing it all, so I stayed there, fully expecting things to work out. Then I realized there was still so much more to come.
At that time, I even tried the method of focusing on positive thoughts from the Ultimate Path to Freedom, but it didn't work.

I was on 2020-09-17 22:34:58

I've actually tried these methods before, and they didn't work. Because of these ineffective experiences, when it came to releasing something else I felt I clearly couldn't do, I just casually thought about giving it up and

didn't think about it further, without truly releasing it. And it turned out...

In other words, I genuinely stopped thinking about it because I felt I couldn't do it, so I gave up.

Already

The result was that this
became a recurring
experience.

I only truly let go when I felt I couldn't do it anymore.

This shows that when I specifically targeted the release, I didn't truly let go completely, hence the lack of...

The law cannot be realized because one is
still clinging to it and hasn't truly let
go . (2020-09-17 22:38:00)

That's right.

I've had the same experience before.

However, I now have some different opinions.

Especially after listening to "The Way" and
After listening to the Winner audio, I
realized it was because I had a resistance
to my goals.

Later I unearthed a concept
I used to think that if I didn't "want," I couldn't
possess things. After this feeling was released, I felt
much better about my goal.

Furthermore, I
find it quite
interesting that
they resist the
target, feeling
that it's an
attempt to
control them.

I was on 2020-09-17 22:43:25

Yes, it happens often.

There must be a reason why a goal cannot be achieved. These kinds of ideas account for a large part of the prevailing sentiment.

(2020-09-17 22:44:20)

In my early years, I was
influenced by some Taiwanese
teachers, and also by some of
my own experiences of
catharsis.

And the frustration of failing to achieve the goal.

In summary, "Because I want control, I can't achieve it."

Ultimately, I always feel that "wanting to achieve a goal means wanting control." (2020-09-17 22:46:43)

In the end, I always doubt whether the goal can really be achieved.

Then, when I try to understand it, there's another layer of doubt.

Accumulated negative beliefs

Wind 2020-09-17 22:47:02

Yes, there are doubts too.

Therefore, I think the structure of the
abundance curriculum is reasonable,
starting with accumulating knowledge
from small things.

Some things you're more likely to believe

2020-09-18 Advanced Course on Wind-to-Release Method way Translation and interpretation of 1

Wind 2020-09-18 01:42:59

My hand is a little sore from the two hours of dictation.

I've finally finished
transcribing the first "The Way"
piece. I'll translate it
tomorrow.

Leaping Flames 2020-09-18 07:03:55

I have a question: Has Lester ever used his superpowers to save a group from disaster , or does he disregard other people's karma?

I was on 2020-09-18 07:06:52

The release method is a way to quickly release karma.

He said he originally didn't plan to teach the Liberation Method, but after seeing a million years into the future, he felt it was necessary and came back to spread the Liberation Method.

Wind 2020-09-18 08:40:10

Earth is a classroom, disaster is a topic

The teacher can teach you, but they generally won't do the exercises for you. I've already translated one.

It's a transcription, so there might be some minor flaws, but I tried my best to check it several times to avoid compromising the original meaning.

It is worth mentioning that, the The "way" course is an advanced course, and all the students here have already achieved a certain level of "release ." Everyone has experienced "getting things simply through release." Therefore, you still need to learn the basic release techniques first before you can benefit from this course.

I was on 2020-09-18 10:42:21

It's great to have this information. Many things require constant practice to understand, but with this information, I understood immediately. (2020-09-18 10:44:50)

transcribe all six parts of "The Way"
continuously , but I need to take a
break first; this is a bit tiring.
The six steps described
in "The Way," for
example, the first
step...
The original version was "Wanting freedom more than wanting this world".
you gotta want freedom more than you want the " You must
want freedom more than you want this world. "
Lester then realized that many people couldn't understand
this statement and that it was meaningless to many, so he
changed it to "You must want freedom more than you want to
be controlled and accepted."
Note that the word "survival" is not included here.
Therefore, all versions have somewhat misunderstood Lester Levenson (The Sedona Method)'s meaning.
In order to confront the fear of death directly, you must desire freedom more than you desire the world (being recognized and safe).

Complete)

Lester said that being recognized and controlled equals the world.
approval control equates to the world

Let me change that around, but that's the way it was originally but See it be meaningless to people so we changed it to you must want freedom more than you want approval or control while approval control equates to the world.

The original sentence is as follows:

"Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase it slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to 'You have to want freedom more than you want to be recognized and controlled,' because being..."

Identification and control are synonymous with the world.

The following is spoken language.
approval control equates to the world
This is very clear and there is no ambiguity.
The first time I saw Larry's six-step process, it added security to the foundation of acceptance and control, and Haier further developed this by adding the desire to separate.
So things got all messed up afterward, and we even saw talk of five desires, but Lester only ever said three "wants".
And the first step doesn't include "survival" ; you can listen to the audio.
That was a recording.

approval or control
In the context of legal
remedies, ″ approval″ is a
frequently used term ,
signifying recognition or
acceptance. control
The content is very good.
I don't watch most of the audio either.
But the The Way series, and the right I watch Path
frequently. It's very inspiring, clarifies doubts, and
guides people onto a simple and direct path.

A group member asked: Can we just attribute it to fear? So I

think we should just release the fear directly? (Wind,

2020-09-18 11:13:43)

Yes, he said it in another audio recording, all feelings are survival programs
All feelings are part
of the survival
process. Look at this
... Any way is fine.
He also mentioned that the desire for recognition and control develops from this fear of death.
However, without releasing enough approval and control , it's difficult to directly confront it.

ZOEY 2020-09-18 11:18:07

During the release, I encountered the feeling of ″worthlessness and fear of not being able to exist″ many times. The fear of not existing must be the fear of death.

Wind 2020-09-18 11:19:12

Personally, I think this stems from a
desire for control and acceptance,
because the fear of death is indeed at a
very low level.
You won't encounter it when you first release it.
There's a line in The Right Path that
really stuck with me: ″Follow these six
steps, and you'll be free.″
Then the student said, ″I followed

the six steps to release ..."
Lester said, " There 's no 'stop'
in the six steps." is no stop in
the six step

I was on 2020-09-18 11:22:29
Nothing has
stopped? (Wind,
2020-09-18 11:22:46)
It doesn't "stop
releasing" but
continues to release.

Huixuan 2020-09-18 11:23:28
@Wind? People who commit suicide, right? They weren't afraid of death at the time, were they? Was that fear suppressed?
Already
Wind 2020-09-18 11:23:55
It's deep inside, covered by a lot of desires for control and for validation. (This is my translation.)
the The answer is conveniently found on the way .

"Now we also need to confront the fear of living, which is two sides of the same coin as the fear of death. Because a large number of us want to escape everything by dying. So the desire to live, the desire to die, the fear of death, and the fear of living—these four things can be considered together. Perhaps you can write them down; this will help you..."

Each and every one of us has undergone astonishing changes.

This is the part.
The desire to die and the fear of death
are two sides of the same coin. The
desire to die stems precisely from the
fear of death.

Therefore, many people mistakenly believe
that they should take action after release.
This is incorrect. After release, if you try
to raise your arm, it will float away.
Lester's example is an extreme one.
However, it explains the operating mode of the release.

Huixuan 2020-09-18 11:27:56

@Wind ? I used to have suicidal thoughts without feeling fear. Now, life is tough, and I think the worst that can happen is death, but I'm afraid and feel like I can't die yet.

Feelings exist in the
subconscious, but that doesn't
mean they're not operating. The
subconscious is simply the part of
your mind that you're avoiding
looking at right now. motivates
the Thinking is driven by
feelings.
Subconscious feelings drive subconscious thinking
You don't see the fear of death
because it's too deep, not because
it's absent.

Xiong Wei 2020-09-18 11:31:04

Imagine jumping
off a cliff - that's also

possible . (2020-09-18
11:31:47)

This is an early teaching on
the path to ultimate freedom,
right? I've tried that too.

Huixuan 2020-09-18 11:32:03

@Wind ? I'm usually very cheerful, and it seems like I can do without anything. But through releasing these feelings, I feel like I've suppressed all my human needs and desires, as if they've disappeared. If I can't have something, I don't want it, I don't even think about it.

Wind 2020-09-18 11:32:40

Yes, your emotional state is described in the
release therapy's emotion chart as apathy.
Useless, indifferent, forget it...
In our culture, we often equate this
helplessness with tranquility, which is
actually the lowest and the highest
level, respectively.

Huixuan 2020-09-18 11:34:34

This calm and collected demeanor is hard to understand. It seems to encompass so many emotions; is it simply suppressing them all?

Did you?

Xiong Wei 2020-09-18 11:34:46

Some people actually think that the release method is a sign of being indifferent to everything after seeing so much, and consider it a kind of calm and collected attitude.

Wind 2020-09-18 11:35:09

Okay then.

You imagine your true self as an infinite thing and keep filling it with things.

Being so stuffed that you can't move is apathy (indifference).

Throw everything out of it, restore your infinite nature, and everything will be calm and undisturbed. But it's okay if you can't understand this.

With release, you can understand acceptance.

It's definitely not about saying "that's it" or that kind of emotional state.

Look at the following descriptive words

Happiness, love, abundance, miracles

Huixuan 2020-09-18 11:37:46

Is it just the calm of the sea surface? (2020-09-18 11:38:17)

The descriptive words for tranquility are infinite space, freedom, and wholeness. So if you misunderstand the word "tranquility"...

Ask yourself: Do I feel free, infinite, or whole?

If you feel restricted, then you are clearly not in a state of peace. These are two emotions that people often mistake in their early stages.

Mistaking indifference for calm

Huixuan 2020-09-18 11:40:48

I feel trapped in my life. The space is like a huge birdcage, and all I want now is to escape it , not for the boundless freedom outside.

Wind 2020-09-18 11:41:09

Yes, this feeling of being unable to move is called apathy.

In the video, Lester discussed this emotion chart from another perspective , mentioning selfless and selfish.

selflessness and selfishness

It is the decline of self-awareness

In a state of fearlessness, this is a midpoint.

50% selflessness, 50% selfishness

Selflessness increases, ego decreases (this is positive emotion);

selflessness decreases, ego increases (this is negative emotion). Therefore, start with courage , and cap represents positive emotion.

Agflap represents negative emotions.

Stars 2020-09-18 11:44:52

What I've always wanted to say is that I'm not afraid of death at all because I am empty of inherent existence, and therefore I will never die.

What I fear is

Pain and lack of enlightenment mean that after death you will be reincarnated as a human to suffer again. [eye roll] Death is nothing to be afraid of; pain is the most terrifying thing.

Wind 2020-09-18 11:46:51

According to Lester, physical pain is itself an expression of the fear of death.

Lester on The pain was mentioned in the audio recording.

So you haven't seen the fear of death; it's

hidden deep inside, not a lack of fear of

death.

The fear of death is an integral part of all your feelings.

I was on 2020-09-18 11:47:29

@Wind ? Can I post this translation on my WeChat official account? There are still 3000 followers on the account.

You can take a look.

Wind 2020-09-18 11:47:49

Sure, it's meant to be shared.

Stars 2020-09-18 11:48:50

@Wind ? [dizzy] This deeper level is really hard to understand. A Course in Miracles says that all fear is fear of God. Okay, then let's practice diligently.

Wind 2020-09-18 11:49:59

It's normal not to feel the fear of death now; I don't usually feel it either. However, most people can feel the desire for control and the desire for approval.

Therefore, release these two first.

Once enough is released, the underlying fear of death will naturally become apparent.

Zhao Jiaman 2020-09-18 11:58:37

Today I saw the date of Lester Levenson (The Sedona Method)'s death: January 18 , 1994 , at noon . He voluntarily chose ...

Choose to leave

Wind 2020-09-18 12:01:05

I also remember it was around

this time [laughing emoji] Huixuan 2020-09-18 12:08:45

How can we sense that Lester Levenson (The Sedona Method) is blessing us? (2020-09-18 12:10:19)

If there's not enough acceptance, you won't feel it.

This was mentioned in part three or something of "The Way," so we don't need to consider this issue now.

Because you are still wary of this world. (Huixuan, 2020-09-18 12:11:54)

Yes, to doubt the world, to complain about the world, to blame the world.

Why be born a human being, it's so hard ? (2020-09-18 12:14:35)

Actually, you basically didn't need any help before that.
You only truly need a master's help when you've released your fear of death; this is what the second part of "The Way" says.
You will experience very intense, uncomfortable, and dark feelings. At this time, a master will help you.

I was on 2020-09-18 12:16:02

Yes, when it comes to releasing the fear of death, I've encountered it many times in close combat, and I rarely release it smoothly; I usually fail halfway through.

I need better help, especially since there was no prior written explanation on how to release fear. (Wind, 2020-09-18 12:17:27)

Next time, you don't have to back down. When you feel like backing down, you can try calling out to Lester Levenson (The Sedona Method) [laughing emoji]. (2020-09-18 12:18:09)

That's difficult, because what I'm releasing is a death-related fear of ghosts , calling upon Lester's words. I'll try. [Facepalm]

Every time I fail to release my fear of death, I look back and remember that I'm still alive, which means the fear of death I felt was unreal and there's nothing to be afraid of.

But at that time, I was completely out of control and succumbed to fear.

Wind 2020-09-18 12:18:12

I haven't encountered that yet; perhaps it's because I prefer to rely on myself and don't like depending on others.
It might also be because I haven't experienced much of a fear of death yet.
I'm basically still dealing with the conflict between wanting control and wanting recognition.
I used to wonder why Lester didn't leave behind any instructional videos on the release method, which has led to this current debate.
Later I listened to an audio...

I know that Lester taught in small groups in his early days, and they improved whenever he led them, and regressed whenever he left them.

Those people viewed the release as

"what Lester did" and attributed the
power to external factors.
So Lester no longer personally
guided the releases; he left it
all to the instructors.
This is to make you understand that you did
everything yourself, not because a master
did it for you; you are the master. You
need to experience what release feels like
first.
In the very end, some members of the release agency
began to oppose Lester, so Lester let the agency
go.

I was on 2020-09-18 12:25:30

Lester's approach to teaching is excellent. The teacher's role is to teach students independence, not to make them increasingly dependent on themselves.

Wind 2020-09-18 12:26:20

Yes, so the release method itself is
quite independent. An important
point here is taking full
responsibility.
When you attribute the cause to external
factors, you are shirking responsibility,
whether it's good or bad.
take full responsibility
There's nothing outside, just a bunch of my own thoughts and feelings.
only thing preventing you from being free is that
you don't want to be free.
The importance of
taking the first step
is that nothing
external is stopping
you.
If you follow the first step of the six steps,
nothing can stop you from witnessing a
paranormal event. [Laughing]
It's not that I don't believe it, it's that I've never seen it.

the The Way series revolves around these two guidelines.
One is " get" everything by releasing "Only"
means getting everything you want simply by
releasing it.
The other is " release" the fear of dying
"Directly " releases the fear of death.
Lester Levenson (The Sedona Method) said he preferred the former.

Group member 2020-09-18 15:29:03
@Wind ? Are there people at the Release Law Center who oppose Lester Levenson (The Sedona Method)? Could you tell me where you heard that? Thanks. Wind 2020-09-18 15:30:12
Larry's student mentioned a YouTube
channel called " Release Technique" when
discussing Mr. Lester , and that's where
I saw the videos.
For example, some people oppose and resist him.

Group member 2020-09-18 15:33:34
Separation is something Lester Levenson (The Sedona Method) himself said; I took notes on it, it's not something someone else added.

(2020-09-18 15:34:08)

no

He did discuss separation.

he stopped using these concepts

after establishing his liberation

method curriculum.

He gradually eliminated many elements from early education in his teaching, transitioning to a simpler and more direct approach, with the aim of providing students with a complete roadmap.

Haier directly incorporated separation into its six-step process for achieving freedom, which differs from the six-step process Lester himself described.

Consistent

Additions by yourself

Group member 2020-09-18 15:50:14

The Lester recordings I listened to that were marked were from 1964-1973 . It seems like we haven't seen him speak anything since 73 years ago . Has anyone heard him speak?

Wind 2020-09-18 15:50:49

"the way" I translated today refers to the one from 1989 , specifically June 5 , 1989 .

He also mentioned the incident that happened in Beijing "yesterday," a part of which I omitted in my translation.

Political issues

September 19, 2020 : A description of true release: the feeling of being covered up.

The sensation faded, and then a wave of pleasure surged up below. If not, then there was no release.

Wind 2020-09-19 08:08:49

In fact, Lester Levenson (The Sedona Method) himself mentioned that some people were resisting him.

"My coming back into the world had made me see things differently. When I originally talked to groups I I never saw any opposition. It was God talking to God. But now, I see much opposition coming at me from people. I never saw it originally. Now, I see it as my imposing when they are opposing What I'm telling them. I feel I have no right to impose. Now I can present What I have to say in black and white and they can read it or no, as They choose. I no longer feel the need to go out anymore.

This return to Earth changed my perspective. Initially, when I spoke to people, I never saw any resistance; it was a dialogue between gods . talking to (God). But now, I see considerable resistance from the crowd , which I hadn't anticipated. Now, when they resist what I tell them, I see it as me forcing them to listen; I feel I have no right to coerce others. Now I can present what I need to say in black and white, and they can choose whether or not to read it; I no longer feel the need to go out.

This is Lester's autobiography.

To sum up, my overall wish is for everyone the rest of me! to fully know what I know so that all misery and unhappiness is at an end.

In short, my overall wish is for everyone—the rest of me!—to fully know what I know, so that all suffering and misfortune may become a thing of the past.

Love, Lester Written in 1972

Love, Leslie, written in 1972

Listening to Lester Levenson (The Sedona Method) is enough.

Speech

However, I haven't found any audio recordings of the Lester Cult's release method yet, only teaching advanced techniques.

After the establishment of the Liberation Law organization, Lester no longer personally taught Liberation Law, but only periodically taught it to Saint Dona.

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working on
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We want the illusions of this world because you've spent time on them. If we want...

If we ask for bananas, we won't get apples.

giving 99% of time to x and 1% time to y, you are going to achieve x

you give most of the time to What? that's What you have

Given that you spend 99 % of your time on x and 1% of your time on y , you will reach x.

You will acquire what you dedicate the most time to; acting solely on desires is highly ineffici ent.

When you see desire, pull it out and release it.

Lester's speech on YouTube... Sedona in the middle The word " method" was muted. (p)

Release technique……

I've heard two versions.

sedona The version using "method" is smooth and uses the original audio.

Because Lester Levenson (The Sedona Method) did indeed call that method the sedona method.

Larry's release In the version with the word "technique " muted, "release" was added.

technique

There are indeed a lot of complaints on YouTube.

It is said that the current release agency has become a money-making machine. maker Lester Levenson (The Sedona Method)

himself called this method sedona. method
That is, the Santoro method
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After Lester's death, he gave all the copyrights to the video and audio recordings to Haier, and the release law enforcement agency entrusted Haier with their operation. So Haier inher ited the name ″Sedo na Metho d, ″ but a few years later , it estab lishe d its own organ izati on, and the origi nal organ izati on was disso lved.
I don't think the use of those three questions is meant to be something I casually mention. I remember reading about a method called ″Zero Limits″ before. Zero Limits doesn't mean repeating ″I love you, thank you for forgiving me″ over and over again. The Release Method doesn't mean that.

Questions guide people to pay
attention to their feelings, and
the core of letting go lies in
the experience of release.
Once you've truly experienced release, it's unlikely to be
confused with any other experience because its direct
effectiveness is unlike any other.
This is not conceptual
If you are honest with yourself,
it's quite obvious that you want
freedom more than you want the
world.
I haven't achieved that yet, but I'm increasingly yearning for
freedom.

Xia Shan 2020-09-19 10:35:10

Friends, I'm a newbie. When I ask myself three questions, I often mentally visualize "yes" or "no." Is this a false answer from my mind? With so many "yes" options, I'm unsure if they're truly yes. Sometimes I repeatedly ask myself if it's true, or I just go with whichever one feels right. Is this considered mental processing?

Wind 2020-09-19 10:36:03

Don't dwell on this.
Relax, focus your attention on
how you feel in the present
moment, and answer intuitively.

Sui Le 2020-09-19 10:46:58

@Wind ? I just want freedom above all else in the world, and I crave freedom, but I've been free for over a year.

The effect is not very obvious.

Wind 2020-09-19 10:47:19

Have you watched The
Way ? That topic was
mentioned in it ; I
transcribed it
yesterday.
The group owner should have posted it on the official WeChat account.

"Yes, that's the first step, and the first step in the method, isn't it? You must want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally sounded. Because it didn't seem to make any real sense to

people, we modified it to 'You must want freedom more than you want recognition and control,' because recognition and control are equated with the world. But I think it's better to say 'You must want freedom more than you want the world.' If you do that, your next action will be: turning yourself away from the world and focusing back on yourself. " "You yourself, do what is necessary to transcend the world, and allow your infinite existence to simply exist here."
If you do this, your next action will be: turn your gaze away from the world and focus back on yourself . You yourself, do what you need to do to leave the world, and allow your infinite existence to simply exist here.

Therefore, sometimes when we think we've
succeeded, we may not actually feel stuck and
have released the desire to change that feeling.
After it's released, what's underneath will appear.

This was quite interesting; I reviewed it myself while translating it. I set two small goals yesterday, and I succeeded in both.

First, have you ever had a experience of release?

Many of my friends have been trying to "release" for a year without ever experiencing what release truly means, so this is quite crucial.

Once you understand what release is, the problem you face is that release often gets stuck. These are two different issues.

Release is a very clear and intuitive feeling.

Emotional energy flows through the body, accompanied by psychological pleasure and relaxation.

Sui Le 2020-09-19 10:57:59

wind wasn't very noticeable, but when I felt unwell in a certain part of my body, the effect was quite obvious as long as I quietly focused my whole mind on it.

Wind 2020-09-19 10:59:19

I suspect this might not be a release.

Therefore, I think this can be divided into two issues. Solve the first one first, and the rest will be easier to handle.

If your experience of "release" is vague, you're unlikely to understand what "continuous release " is all about.

Even not releasing is considered a form of releasing.

So when you stop releasing, if you still believe you are releasing, then you cannot practice the "six steps".

It can be explained in a very practical way.

Sui Le 2020-09-19 11:01:47

@Wind ? I released the question, "Do I have a desire for safety and security? Answer: Yes," and after a while, I cried, yawning. The dark clouds remained motionless. Does this count as release?

Wind 2020-09-19 11:02:15

Has the tightness in your chest cleared up?

Does a more pleasant feeling well up inside you ? (Suiyue , 2020-09-19 11:02:38)

@Wind ? I haven't felt happy, but I'm not as

gloomy as before. @Wind ? There's no feeling of pleasure.

Wind 2020-09-19 11:03:02

This feeling, the feeling that you covered up above, clearly leaves... Then a surge of pleasure welled up below.

This is a release

If not, it's probably just the brain's imagination. (September 19 , 2020, 11:03:45)

@Wind ? I've never had a single pleasurable experience . (2020-09-19 11:03:50)

Um

So you've identified the problem.

You must first learn to release.

Only then can we discuss the issue of "continuous release".

True liberation is when each time becomes more joyful and carefree. (2020-09-19 11:04:37)

@Wind ? Did I release it incorrectly? Wind 2020-09-19 11:04:50

Based on my personal experience, it shouldn't be correct.

Because once you've experienced release, you won't be confused. (Sui Le, 2020-09-19 11:05:27)

@Wind ? Maybe that's not right, what should I do? Wind 2020-09-19 11:05:58

The release method is not complicated; it's simply about letting up and letting go. However, many people haven't experienced release in practice; they mistake some mental imagery for release.

Let feelings emerge, let feelings depart.

How did you release it? Or what method did you use? Try not to modify the method when releasing it.

That will only weaken the power of the method. Don't mix and match, don't modify it. Try this and see.

Can I find the feeling to enjoy music? (2020-09-19 11:08:38)

@Wind ? Are you following the method from the Book of Abundance? I basically follow the method from the Book of Abundance too.

Wind 2020-09-19 11:08:54

I used the 1992 release method course, which is a bit more

original.

Sui Le 2020-09-19 11:09:35

Can you send me the course from 1992 ?

Wind 2020-09-19 11:09:55

On YouTube, there's an
English video. Let me
share my personal
experience: the release
is a very clear
feeling.
When you release it once, you'll find that this
experience is distinctly different from repression or
escapism, so you won't confuse them.
After that, you'll understand what
release means. Why don't you try

感受一下，你现在的感受是什么

随乐 2020-09-19 11:15:02

我体验了几十年的压抑了，就闷闷不乐的感觉 现在还是有喉咙堵的感觉，不是很轻松的。

风 2020-09-19 11:15:20

A sense of
oppression? A
feeling of
sullenness ?
Sui Le 2020-09-19 11:15:32
Yes
Wind 2020-09-19 11:15:35
Can you clearly feel
it? (Sui Le, 2020-09-19 11:15:43)
able
Wind 2020-09-19 11:16:02
Okay, feel it
for a while,
feel it for a
while.
Sui Le 2020-09-19 11:16:33
It's a little lighter than a year
ago, which is good. I'm feeling the wind now.
(2020-09-19 11:16:48)
First, just feel it for a while.
Then ask: Can you let it
go? (Sui Le, 2020-09-19 11:17:40)
Can I let it go? (
Nengfeng, 2020-09-19 11:17:55)
You should know
the three questions. (Sui Le,
2020-09-19 11:18:11)
I know,
and I also use the wind.
2020-09-19 11:18:32
Now look at your feelings again, are
they still there? (Sui Le, 2020-09-19 11:18:59)
Can I let it go? Am I willing to let it go?
When will I let it go? (Wind, 2020-09-19 11:19:17)
Yeah, I'm trying to help
you find your rhythm . (2020-09-19
11:19:21)
It's still there, so it won't move.
As I experienced the
feeling of it
leaving, my throat
felt even more

constricted.

Wind 2020-09-19 11:20:03

Can you notice that you want to change it?

I roughly understand your situation. Now, don't get stuck in the habits of your past actions.

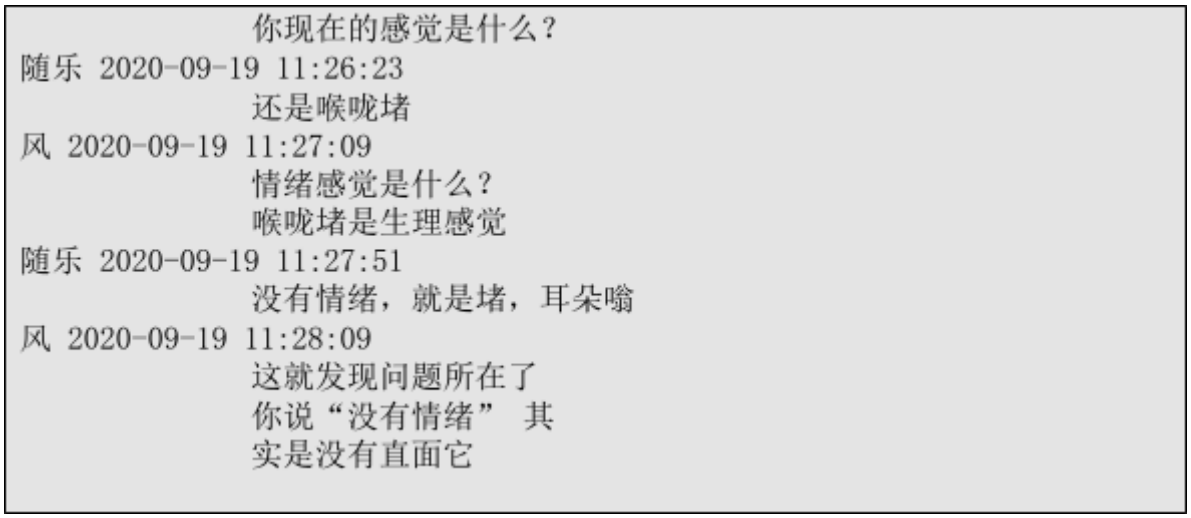
First, relax your body.

While maintaining a relaxed and comfortable state, pay attention to how you feel in the present moment. (Sui Le, 2020-09-19 11:22:37)

Yes, that's right, my confident answer came from a mind that gets stuck at the slightest question, and my experience is also blocked; I've never felt relaxed.

Wind 2020-09-19 11:23:16

I've been in this situation before.
When asking a question,
my throat tightens
unconsciously .
Therefore, my solution is
to avoid getting stuck in
the inertia of past
practices. Restart usage
method
Relax and keep your body comfortable.
Regardless of your current
feelings, simply be aware of them
without consciously trying to be
aware.
Feel it for a while



Sui Le 2020-09-19 11:28:30

No, it's just something I had
when I was suppressing my
emotions before; it's not an
illness, is it?

Wind 2020-09-19 11:29:29

But that's what Lester Levenson (The Sedona Method) said.
Physical pain is an expression of
emotions in the body, so releasing
emotions can bring out physical
pain.

Sui Le 2020-09-19 11:30:34

It's not an illness, it's just that my
emotions are blocked up somewhere, but I

don't consciously feel it. I used to feel
depressed, but now it seems like that's gone,
there's just a blockage.

Wind 2020-09-19 11:30:44

Um
I prefer that you try to feel
that emotion because that's
how I operate.
Overemphasizing physical sensations may cause problems.
1992 release law was to take out a form.
First, let people become aware of their
emotions, and then identify those emotions ,
such as sadness .
The feeling of fear and anxiety is fear

The feeling of anger is anger

After release, physical sensations will follow.

Feeling accompanied

In the fifth or some other lesson, it was mentioned that sometimes feelings are very "subtle" and may not necessarily be tangible.

If you focus too much on the sensation, you are likely to get stuck.

Sui Le 2020-09-19 11:34:04

This feeling of being unable to listen to him or his yelling, yet being unable to resist, accumulates over time.

Tired of this traffic jam

Wind 2020-09-19 11:34:58

What you're doing is analyzing
the cause, not pinpointing the
cause of the feeling as a story
made up by the mind.
Feelings are what you
directly experience;
many people get stuck
there.
Because they will
forcefully squeeze that blockage .

(September 19 , 2020, 11:37:11)

@Wind ? So, do you want to feel the emotions he evoked when he yelled, or experience the traffic jam ? Wind 2020-09-19 11:37:21

You can try them all.
This is our different experience
My personal experience is to feel emotions
The reason I didn't mention the
latter is because I experienced the
traffic jam firsthand; I was stuck
in traffic all the time.
I was able to release the emotions later by experiencing them.
Once released, the blockage
automatically dissipated, and
energy surged out.
So when I share my experience with
newcomers, I always talk about how emotions can be controlled. (2020-09-19 11:39:51)

@Wind ? I've also been experiencing congestion for over a year, and now it feels like there's no progress. (Wind, 2020-09-19 11:40:27)

Once you've experienced it, it's very simple.

However, for those who haven't experienced it, it's truly impossible to figure out how to release the tension; they can only follow the steps.

Sui Le 2020-09-19 11:41:39

@Wind ? My question is here. Wind 2020-09-19 11:42:02

I think you are suppressing your emotions habitually.

When I practiced The Book of Abundance, I habitually suppressed my feelings because I misunderstood its meaning after seeing the Guanzi method.

Imagine a pipe, and try to squeeze it out.

Later, I saw a sentence in the Book of Abundance and experienced liberation for the first time.

That is, "feeling that you also want to get out," and "relieving stress ." The feeling is pushing you outward; as long as you don't suppress it, let go, and it will go out on its own.

Metaphor is very materialistic

shake

That experience reveolutionized my understanding

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Therefore, I personally think the advantage of the Book of Abundance is that it describes the process of release in great detail, more so than...

This prevents you from having random thoughts about what release is ; just try it

out.

I've been to some release practice groups before. The "group leader" would lead the practice for a while, then stop, and many people would just keep imagining all sorts of things in their minds. But for me, reciting a hundred verses of God is not as powerful as the experience of a single, clear release.

Therefore, the key lies in how to release and sustain the release, which is highly practical. As for the truth, you'll see it as long as it's continuously revealed; there's no need to constantly study it with language and words. No matter how much research is done, it's still just language and writing.

Sui Le 2020-09-19 12:02:25

@Wind ? Did you feel a sense of pleasure after releasing it?

Wind 2020-09-19 12:03:23

This is present in every release.

For example, I released what I wanted to control yesterday. At the time, I was struggling with how to translate a sentence, which helped me release that feeling.

Once the emotional energy leaves, it feels unobstructed and immediately flows freely, like picking up a plate.

Take the one above and add the one below.

After experiencing the pleasurable feeling, you then check if there's anything left; it's obvious that there's something even deeper down there.

Emotions welled up inside me.

Then continuously release

This pleasant feeling continuously

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I think many people might not understand what intubation is, and they might misunderstand it. However, even asking a question can lead to misinterpretations. Many peop le thin k that a ques tion is a way of expl orin g the prob lem itse lf, but that ’s a misu nder stan ding . The process is

to feel it, allow it to emerge, and then let it go.

Very simple

Is still need to ask a couple more questions, otherwise we might easily get stuck in a stalemate

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This actually means that the first step wasn't done.

The desire for freedom is no greater than the desire for the world.

Many people don't believe in superstitions, but I later discovered that as long as the first step isn't taken, the release will definitely stop.

Where to stop varies from person to person.

The more you release yourself, the more you crave freedom.

Only then can you understand the first step.

Otherwise, the first step is too abstract and meaningless to many people.

The more you release information, the more practical the first step becomes.

I 2020-09-19 12:16:45

The first step of exceeding, initially, simply means exceeding the object you are about to release.

You don't need to surpass the entire world at once; you can achieve enlightenment directly this way.

win 2020-09-19 12:17:20
d

That's right.

If you don't want to release a certain emotion, you can't release it.

You tend to suppress it into your subconscious.

Therefore, the liberation method course begins with setting worldly goals.

I don't think there's a problem.

Gradually accumulating the drive to achieve freedom

Otherwise, people are actually "unwilling" to be free all at once.

The vast majority of people do not want freedom

We still need to recognize this point.

I don't really crave freedom that much, otherwise I would have been free long ago.

But I didn't notice this at first.

When I first came into contact with the Liberation Method, I thought I really wanted freedom.

Later it turned out that wasn't the case at all.

In reality, a world of scarcity is created by thoughts driven by a sense of scarcity.

Release those feelings of lack, and your limitations will decrease.

Lester Levenson (The Sedona Method) in the The way also said

As long as you can maintain this fear of death for a week or two...

The first two months were just for cleaning up the top.

The desire to control and the desire to be recognized

Freedom is only a week or two for you when you can consistently see the fear of death.

thi
ng

I was on 2020-09-19 12:25:39
No
translation today? (Wind,
2020-09-19 12:26:08)
not yet
Should I translate the
second part of "The Way"
first , or "The Right
Path"?
Let's continue . way
These are actually both
advanced courses; I
listened to them.
The trainees here should already be
materially well-off or living a very
comfortable life.

In pursuit of greater freedom

All of them had experienced "simply letting go, letting things fall in front of you."

1992 Abundance Course, Lester's advanced course was recommended; he emphasized not stopping the release.

Therefore, let's achieve everything we want—small things, big things—through release.

You can turn your life around by consistently releasing this energy for a week.

But if you release it intermittently, it might take many years to recover. My six years of intermittent release haven't been as effective as the release I had last month.

Huixuan 2020-09-19 12:35:02

@Wind ? After the New Year, I spent three months releasing my fears, but even after that, I couldn't turn the tide.

2020-09-19 12:35:25

This brings us back to that question.

First, you need to understand the feeling of release.

Secondly, it's important to understand what sustained release is.

Lester's "continuous release" means releasing once, then releasing again, and then releasing again.

Second-rate…… This is called "continuous release".

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Huixuan 2020-09-19 12:36:26

@Wind ? Is there a difference between concentrated release and sustained release? Wind 2020-09-19 12:36:46

Don’t get hung up on the meaning of the words. You should have a clear understanding of what release

feels like, right? That's very
important.

Huixuan 2020-09-19 12:37:41

@Wind ? Sometimes after you've released everything, your body feels light, and you can't release anything more even if you want to.

(Wind 2020-09-19 12:37:53)

Yes, that's the problem.
You want to control,
but you're stuck here ,
avoiding the emergence
of deeper feelings.
Therefore, waiting until you develop emotions
again before releasing them is simply stagnation.
Lester addressed this issue in the audio ″ Get High
to Release,″ where you say ″ Release to Get High.″
You release until you feel comfortable, then stop, and wait until you return to an uncomfortable state before releasing again.

put

This is a back-and-forth process.
Lester said that one should release oneself more when one is comfortable.
Because you are more capable of facing the heavier feelings underneath.

Because beyond fearlessness, you have even greater courage.

Huixuan 2020-09-19 12:40:22

@Wind ? No, it's not that you have no emotions. It's especially hard to release them when you're "peaceful." Even if many things are difficult, it's still hard to release them when you're calm.

Wind 2020-09-19 12:40:30

This is because you haven't seen the emotions in your subconscious. You can use something to bring them to light.

For example, is there anything you particularly want? Is there anything you particularly dislike?

My statement that I can turn my life around in a week is based on personal experience. Through letting go, I've experienced two life miracles. It can also be considered a reversal.

The subconscious is the emotion you don't want to acknowledge; you need to bring it into your conscious mind.

Let me quote a passage from the original text.

I lost my financial support while studying abroad

Locked in the room for a week, everything was resolved.

Someone will pay my rent.

Someone transferred a sum of money into my account. Even small goals can be achieved in many ways. That time, it was a sudden breakthrough during a difficult period , which is why I call it a miracle.

I did nothing, just

released myself. (2020-09-19
12:47:59)

When releasing the energy together, there's an added boost, making it easier to continue. But when you're alone , your willpower is much weaker. Of course, this also depends on your determination and your experience with releasing energy.

Wind 2020-09-19 12:49:11

Actually, I've
noticed that you
don't want to release
your emotions.
The only reason you won't release is
that you don't want to release; only
release can solve the problem.
The problem with the release
method can only be solved
through release ; analysis and
thinking are useless.
The act of releasing itself
can accumulate the kinetic
energy of release , allowing
you to release more while
witnessing more.
This testimony itself will continuously drive your release.

Huixuan 2020-09-19 12:53:07

@Wind ? Actually, I just don't want to flip it over [facepalm]

Wind 2020-09-19 12:53:26

That's one way to put it.

Therefore, advanced courses
may not necessarily apply to
your many concepts, and simply
thinking about them can lead
to misunderstandings.

To paraphrase Lester, because you don't want to see it, you want to push it into the background, so you don't see it at all [laughs].

I was on 2020-09-19 12:57:27

@慧轩 It's not an expansion of values, it's a complete collapse of values

2020-09-19 12:59:20

My values have already collapsed multiple times.

The morality, values, and ethics that people talk about ultimately boil down to the desire for recognition and control, driven by these desires.

Wind 2020-09-19 13:00:38

This is that sentence
from the book
"Determining Freedom"
that trembled so
much.

However, this was mentioned by Lester in the audio.

He said that back then, he experienced a continuous stream of enlightenment, and each enlightenment released enormous energy throughout his body.

Full of energy

So much so
that he had
to walk
briskly
through the
streets in
the middle
of the
night. I
once went
three days
without
sleep after
releasing my
pent-up
energy.

Even two years ago, I wasn't tired. Later, there was no release for a long time, so it was a cycle

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Therefore, I have verified that releasing energy can bring about boundless vitality.

I was on 2020-09-19 20:38:22

Haier's desire for separation and unity refers to either separation from or unity with the masses , but I personally believe this desire cannot be placed on the same level as other fundamental desires.

Wind 2020-09-19 20:38:23

These are Haier's four major desires
Later, a Taiwanese teacher
described it as the Five
Desires, but Lester only
talked about the Three
Desires.
Because those are
all practical,
explaining them in
a complicated way
is not very
meaningful.
Freedom comes from releasing the deepest fear of death.
His description of wanting to separate is actually just a desire for control and a desire for identification ; there's really no need to delve into that.
There's no need to study this at the linguistic level.
By releasing the fear of death, your
entire mind is freed, and you can
directly experience infinite existence.

The theory of release has gone through a process from simple to highly complex; Haier later really let itself go.
In a letter to his students, he even recommended that they practice Qigong to aid in releasing pent-up emotions .

He still occasionally posts videos on his YouTube channel, showcasing newly invented release methods that are completely unrecognizable. A Tantric mandala hangs behind the room.

The methods he's inventing now are incredibly diverse . (2020-09-19 20:51:39)

The key point is that if you truly understand the release method, you won't need to invent any new methods; you'll naturally discover that the release method itself is already excellent and doesn't need any modification.

Wind 2020-09-19 20:52:10

Yes, a student mentioned this, so I'll just share a part of it.

Wind 2020-09-19 20:54:07

You can watch the 1992 release method video; that was a course set up by Lester.

Lester taught thousands of people how to apply KISS Releasing in their lives. He also entrusted a few handpicked students to carry on his work after his death. Some of the more prominent people promoting the process (also known as the Sedona Method) have made obvious changes and modifications to what Lester originally developed. Personally, I believe this is a disservice to Lester and new students.

This was written by another student , Stephen.

Lester taught thousands how to apply liberation in their lives. He also commissioned several carefully selected students to continue his work after his death. Some of the more prominent figures (also known as the Sedona Method) made significant modifications to it.

Compared to Lester Levenson (The Sedona Method)'s initial development, I personally believe this was detrimental to both Lester Levenson (The Sedona Method) and the new students. This is the translation of that passage.

No additions, modifications or subtractions to his original technique are required. In fact, they only diminish the power of the process.

There is no need to add to, modify, or subtract from his original technique. In fact, such additions or subtractions would only weaken the process.

I was on 2020-09-19 21:11:55

@Wind , have you read this book? Choose freedom

Wind 2020-09-19 21:15:35

I've seen
The first version I watched
was a love story, and later I
watched the English version.

The latter part of this book is basically a compilation of Lester's audio recordings.
I listened to several audio recordings later.
Lester recounts his awakening process
It matches what's said in the book.
Lester Levenson (The Sedona Method) said his first month dealing with people who wanted to be recognized
The second month was about controlling things.
The third month is filled with the fear of death.
Solve one per month
He said he didn't have the six-step guidance at that time.
Now that you have six steps, you should be faster than me.
I initially only used Chinese materials.

I 2020-09-19 21:25:12
Your English is so good, is this your major?

win d 2020-09-19 21:25:14
Most of the English materials were found and listened to later during my studies abroad.
No, I'm just an international student.
Finance

I 2020-09-19 21:25:53
Are you also studying in the United States?

win d 2020-09-19 21:26:03
Australia
The English information about Lester Levenson (The Sedona Method) is not difficult.
Familiarity with the terminology of his release methods allows for translation.
He tried to use concise and clear English.
Rarely use big words

I was on 2020-09-19 21:27:05
Have you returned to China yet? Things seem very chaotic abroad.
(2020-09-19 21:27:21)
Yes, I went back to China last year (2019) . (2020-09-19 21:28:51)

@Wind This is just good luck; I managed to avoid all these things. [Laughing] Wind 2020-09-19 21:29:31

Lucky

The first book I came across was The Book of Abundance.

The Book of Abundance—Zero Resistance—Santoro's release of Ferrari also involves some changes to the narrative.

Larry may have added a lot of content to his book, and their revision method is rather unpleasant.

It means taking what was originally one thing, dividing it into many chapters, and changing it into different methods.

Release self-denial

This is a completely unnecessary chapter.

It will confuse people
1992 Liberation Method course was structured quite clearly.
Learn to release emotions, then learn to set goals for releasing them, then learn to deeply release desires, and then it's all about releasing desires.

1237 2020-09-19 21:37:03
@Wind , do you have
a streaming link?
(Regarding the 1992
Liberation Law)

Wind 2020-09-19 21:37:18
https://www.youtube.com/channel/UCmmo_TcBOHNVhk69_s-bOZg View the full video at
https://www.youtube.com/channel/UCmmo_TcBOHNVhk69_s-bOZg
arts
Releasing desires begins with releasing
the desire for control and the desire
for recognition, and only at the very
end do we begin to ask about the desire
for survival/safety.
However, I noticed that Larry did summarize some of the
teachings from Lester's audio, such as "get anything
simply by releasing" from "The Way ".
I just listened to Beingness again; it includes Lester's own
explanation of the six steps. I'll translate that one first.
Is Lester's account of his awakening
experience from one of these two audio
recordings , or is it a release?
[laughing emoji]
I should also focus on releasing [the virus/the virus].

I was on 2020-09-19 22:07:03
No, you have to translate. [facepalm]
Finally caught a whiz who
could turn the tables and fight back.
(2020-09-19 22:07:24)
Yes, release
those that can be
translated first,
then translate
them.

I was on 2020-09-19 22:08:13
I realized I really suffered from a lack of

information and took too many wrong turns. Over the past few days, our discussions have verified many of my own experiences and speculations.

Wind 2020-09-19 22:08:45

Actually, even with the information, I went astray and stopped for a long time.

[Facepalm]

Later I realized that I didn't really want freedom and hadn't made up my mind, so I stopped.

Just like Lester Levenson (The Sedona Method) said, I did this on 2020-09-19 at 22:09:44.

How many years have you been involved with the release method?

(Wind, 2020-09-19 22:09:51)

6 years I was on 2020-09-19 22:10:16

It's been over 8 years.

The promised three months [laughing emoji]

Wind 2020-09-19 22:11:15

He said I've never
managed to release it
continuously for
three months, not
even once.

I was on 2020-09-19 22:11:37

Me too

Wind 2020-09-19 22:11:53

always stop for various
reasons. (2020-09-19 22:11:56)

Look, there are only three or
four months left until the
end of the year, why not take
a gamble? [Laughing]

Go straight into seclusion

Otherwise, next year will be another year longer, making it nine years! [Laughing]

You released it really well; at the very least, you're the one I've seen who has the best grasp of Lester Levenson (The Sedona Method)'s theory.

indivual

I haven't met anyone better than me in all these years, and I always feel like I'm alone.

Even the release, I can't discuss or explore it with anyone; it's all because of what I taught.

Wind 2020-09-19 22:14:24

I've read a lot of theory, but my
execution hasn't been very good ;
it's been intermittent.
I had a few good
experiences , but
they didn't last.

I was on 2020-09-19 22:15:07

That's good. At least you haven't misunderstood these theories, because many group members always add their own things haphazardly, making things unrecognizable and illogical. As a result, they don't even understand the most basic concept of release.

Wind 2020-09-19 22:15:55

I actually only looked at the theory
halfway through to avoid being released
[facepalm], then I looked around again.

I found myself back
at that problem,
which continued to
surface.
All of Lester Levenson (The Sedona Method)'s later teachings pointed to this.
There was no escaping it now, so I just went to
have fun. My ego's inertia was too strong; this
is what Lester meant by " release." on the
surface
Release on the surface
Simply releasing emotions is like cutting tree branches. As long as the trunk remains, branches will grow back. Therefore, in Lester's release method course, releasing emotions is just an introductory step to getting a feel for it; the rest of the course focuses on guiding people to release the desire for control and the desire for validation.
I never truly release my
pent-up emotions; I'm
always very easily
"satisfied."
Once you've released yourself to a point where your thoughts and feelings flow smoothly and comfortably, stop and begin to "live a Zen-like life."
Until it was disturbed again

Just continued releasing [facepalm] Me
2020-09-19 22:24:29

Actually, I'm quite easily satisfied, but life doesn't allow it; there are pressures and challenges everywhere.

Furthermore, since my confusion remains unresolved, I've persisted because I have an extremely strong desire for the truth.

Want to see
Wind 2020-09-19 22:26:23

I have a knowledge-oriented personality and have read about Taoism, Buddhism (both Theravada and Mahayana), Christianity starting with Augustine's theology, existentialist philosophy, phenomenology, etc.

I can't find the answer.

There may be some in Buddhism

However, it didn't release the insights it brought me.

Because rational understanding and actual

experience are vastly different , I abandoned

all of these theoretical studies.

only research and release-related topics, and can directly guide practical release techniques. (2020-09-19 22:31:10)

My resolute release of emotions once led me into a state of profound tranquility. It was a very strong emotion; I persisted, refusing to follow it, stubbornly holding on, and suddenly I transcended it, entering a wonderfully beautiful stillness—truly, truly joyful, without any thoughts, just pure joy and peace. I didn't want to generate a single thought, because I realized any thought would disturb this tranquility. I stayed there for a while. Since I was at my computer, I shared my discovery with my group members. As we chatted, this state suddenly began to stir. I suddenly saw a waterfall, a waterfall of thoughts. I got closer and closer to this waterfall, my mind buzzing, and then suddenly I realized, wasn't this waterfall just like my previous state? Because those thoughts were so familiar, the very thoughts I often had in the past . Then, becoming increasingly familiar with these thoughts, suddenly, with a buzz, I was back [facepalm]. I haven't been back since.

Wind 2020-09-19 22:31:37

[powerful]

Your experience is more profound than mine . (2020-09-19 22:36:16)

That time, I discovered that every thought was dissipating energy and disrupting

this joy and tranquility. Even a happy laugh did. I could directly experience this process. Afterwards, I almost forgot about this experience, but now, several years later, the memory of it is becoming clearer and clearer. Many times, I feel that tranquility is only a hair's breadth away from me, as if I can feel that joy, but I can't quite enter it.

Wind 2020-09-19 22:38:27

Your experience is profound.
I can rationally
understand what you're
saying , but I haven't
had that experience.
My best experience was feeling like the world
was opening up to me and then experiencing an
automatic green light when crossing the
street.
As I entered the restaurant, a
thought flashed through my
mind about what I wanted to
eat, and the waiter
automatically brought it to
me.
This is the second time I've experienced a "miracle".

This happened twice,
with the message saying
today's event is free.

I was on 2020-09-19 22:40:56

I've also had two other experiences of entering into a state of love, where I suddenly entered a state of allowing everything. At those times, I was getting food in the company cafeteria, constantly practicing releasing emotions. Suddenly entering this state, I found myself incredibly joyful and connected with the two colleagues in front of me. In this state, no matter what they said or did, I felt incredibly joyful, a genuine, heartfelt acceptance and support. Their happiness made me happy, and I joyfully supported every expression they made.

I had another experience, which was actually quite good, while studying A Course in Miracles. I was stuck in a rut with my release practices, so I started learning A Course in Miracles. One of the exercises in A Course in Miracles says, "There is no place in the world that is dangerous." I was very confused. How could there be no danger? Does believing in God mean that God will protect me from dying no matter where I go? But something felt off; it shouldn't be like that. This doubt lingered in my mind, constantly bothering me. At that time, I was constantly troubled by various fears. Because I had released so many emotions and defenses, inner fears kept surfacing. Walking down stairs, I would imagine myself falling and dying; seeing water, I would feel like I would drown—it was all like that. A while later, I reviewed the exercise on this sentence again, thinking that if I explained this to my sister, she definitely wouldn't believe it, because she doesn't believe in these things at all. I shook my head and put down the card with the sentence written on it. In that instant, a voice suddenly appeared in my heart, saying, "I am God." And in that instant, I understood: because I am God, there is no place in the world that is dangerous! Because God is God, and the world is the world; they are completely different things. This answer was perfect. It was like a lightning bolt struck my mind, instantly transcending the death fear that had been oppressing me for so long. It was as if I had seen through all those fears at once. After this brief escape from the fear of death, my practice suddenly changed. I stopped releasing it. Because what was there to release? I am the Lord, eternally and infinitely existing, utterly unthreatened. It's like I'm no longer deceived by emotions. If you believe in emotions and fear, you can no longer believe that I am the Lord. But I am the

Lord, so naturally, so I cannot enter this emotional world of the mind . And so I experienced this miraculous journey for a while. [Laughing]

It was this certainty, this sense of entitlement, this immense confidence and experience that I am my true self that made my spiritual practice solely focused on the truth, completely indifferent to these illusory worlds. However, after a few months, I gradually emerged from this state. [Laughing]

But the experience of being freed from the fear of death in that instant was unforgettable; it meant that I was truly able to transcend and escape the fear of death, and that state truly existed.

Although it was only for a moment, it gave me months of affirmation of the truth. It all came from the bottom of my heart. I didn't need to do anything ; the emotions naturally receded. I didn't need to cultivate or release them at all.

The biggest benefit of these experiences is that they've kept me going until now. Although the process of releasing emotions has been intermittent, it hasn't stopped. These wonderful memories have been incredibly powerful in guiding me.

Because I have witnessed moments that transcend the mind, and such states truly exist, I might actually be able to achieve them.

The main problem was that confusion, it really confused me. I was going through a period where the fear of death kept popping up everywhere, troubling me for a long time. I kept trying to overcome it, to release it, but because I hadn't released these basic desires at the time, I couldn't let go. But I wasn't taking precautions either. I knew then that by guarding against the fear of death, I couldn't see it, so I kept trying to let go of any defensiveness I noticed in my life. Then I came across this sentence, which really struck and confused me: How can there not be a dangerous place in the world ? It was a blow to my beliefs. So I'm extremely confused.

Wind 2020-09-19 23:02:39

[powerful]
Having a true sense of self is
indeed a great source of
motivation; I personally have
never had such an experience.
Perhaps I've learned too much about
intellectual matters, which has ironically
become an obstacle, causing the confusion
and doubt you just mentioned.
I have never had
Because my mind will extract an intellectual
explanation from knowledge that meets my
requirements; these explanations come from many texts
of the past.
Theoretically very self-consistent and perfect
But I later found that
these things were useless
and did not help my actual
freedom.
I mean philosophical and religious
knowledge... not knowledge of
liberation rituals.
I always get stuck.

Sometimes it would
freeze for a very long
time, and then I
realized...
As long as I decided to release that desire to change the feeling of being stuck, I could continue.

Learning to release is quite important
A sense of certainty
and clarity will
support you on your
journey.

20 , 2020 : A video translating the 1992 release ritual and explaining its key points.

point

Wind 2020-09-20 09:58:06

the 1992 release law and translate it, but
I don't know how to add subtitles.
Anyone who knows can add it themselves.

It's too long, let me translate a few important parts first.

Many people in the group may need the help of these basic release techniques.

I just translated a passage from the first lesson of the 1992 instructor introducing the release method.

I'll translate the guided instruction process after I finish eating.

This section outlines several key points:

The entire course is presented in an experiential rather than an intellectual manner...

If you're unsure whether you're releasing, just keep doing it. You might not be aware of each release, but as you continue practicing this technique, it will become easier and easier until you're certain you're releasing...

…You may have learned many other things before, but please put them all aside for now. It's like walking into a movie theater; you clear your mind of everything you knew before and just follow the scenes. So, whatever you've heard or learned before, put it aside and focus only on what we're doing now. … Please open your workbook and write down what you want to gain from the course, and anything you hope to apply in your life.

Things to change and improve...

I deleted some irrelevant words.

This is why I say the Book of Abundance is structured more like Lester Levenson (The Sedona Method)'s Liberation Law Agency.

the workbook looks like (image omitted).

Although we can no longer find the original workbook , Larry's workbook still retains many elements of the original version if you remove the unnecessary additions.

This section explains the function of charts...

This section is about the gains The use of book ...

I tried my best to present all the information from the entire course, and I removed some repetitive guidance because...

The sixth step of the video is too long

In fact, the design of the Harvest Log tool was precisely based on Lester's Six Steps to Freedom, and it was indeed very helpful in practicing it...

That concludes the introduction.

The following is the tutorial... I've tried my best to recreate the tutorial process...

However, it's best to watch the video as well.

I've marked every pause in the video where the student stopped to reflect; the unmarked pauses were when the student immediately answered a question.

This is all I'll translate for beginners. I'll translate the later lessons when I have time.

I was on 2020-09-20 15:38:12

Allowing yourself to feel it is often mistaken for allowing the feeling to exist.

It seems that the Book of Saint Donas also writes this, allowing the feeling of wind to exist.

2020-09-20 15:39:36

"allow" option later. it to be here

This should be about releasing desires.

However, this is generally the case . you allow yourself to be more aware of your wanting approval or wanting to control

Can you allow yourself to become more aware of your desire for approval or control ? 2020-09-20 15:41:30

Does that mean we need to be aware of our feelings or desires ? 2020-09-20 15:41:53

Yes

I was on 2020-09-20 15:42:15

Here's what I'm thinking: if we allow feelings to exist, then why do we need to release them? That's a contradiction.

Alright.

Wind 2020-09-20 15:42:40

Using your brain is definitely wrong; many people have tried to think about this problem using their brains. The instructor said from the beginning, "Don't try to understand the question."

The so-called "allowing it here" simply means making you aware that you are allowed to see it.

Don't suppress it into your subconscious.

Following the course structure will make things much smoother. The first lesson has a few key points.

I suggest actually using that chart, and the harvest logbook really helps.

The important thing is to try to feel, to focus on your center of sensation (chest and abdomen), and then, when you ask a question, try to feel, rather than answering with your mind.

In addition, the feelings are traced back to nine emotional categories for release.

Neither Haier nor Larry explained the use of charts clearly afterward. I only understood it after watching the 1992 release method course.

Before this, my release was rather chaotic.

I first checked my emotions against an emotion chart before realizing that what I called releasing desires wasn't releasing desires at all.

Understanding your emotions is a crucial

first step .

Then allow yourself to feel

it, and let it leave Lele. 2020-09-20

15:55:29

In the past, whenever someone mentioned feeling emotions, someone would "correct" them, saying, "Don't feel them, just release them directly."

[Facepalm]

Wind 2020-09-20 16:02:37

Release still

needs to be

done ; it's

not enough to

just feel it

and follow the

steps.

There are some further explanations later in this lesson.

I think this is quite important, so

I'll translate it and show it to you guys, group

members . 2020-09-20 16:06:57

I feel like my emotions reside in my conscious

mind; if I don't feel them, they don't exist.

Does this mean my thoughts are wandering?

Wind 2020-09-20 16:07:18

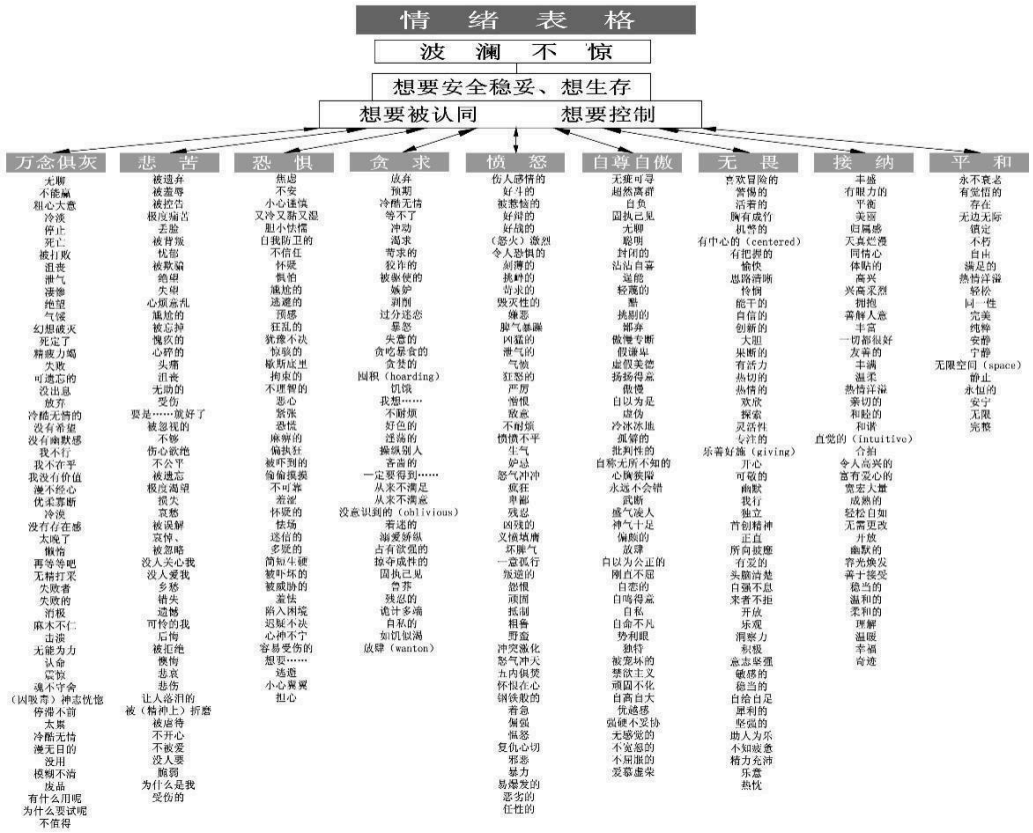
It started like this

Try to feel your center of

sensation, take it slowly.

print out this chart to

refer to it.



Huixuan 2020-09-20 17:30:43

@Wind ? Negative emotions reside at the upper levels. We don't need to worry about emotions at all; just release them, release them. After a while, positive emotions will naturally emerge, right?

Wind 2020-09-20 17:31:24

Yes

You don't need

to dig too hard. (Huixuan,

2020-09-20 17:31:33)

Sometimes multiple emotions are released at the same time.

Therefore, there's no need to distinguish between desires and emotions; when the time comes, the wind will naturally flow. 2020-09-20 17:32:17

no

If you crave a particular emotion, you are

resisting the emotion you are experiencing in the present moment; you are trying to suppress the emotion that is emerging.

Huixuan 2020-09-20 17:33:07

What should be the relationship between desire and emotion?

Wind 2020-09-20 17:33:39
the wanting motivates the feelings
This is what
Lester meant
when he said
desire drives
emotions.
You don't need to dig hard,
but you need to categorize and
recognize emotions.
Otherwise, with emotions mixed
together, it's difficult to release and
enjoy the music. 2020-09-20 17:34:54
you ask yourself a question, is feeling an emotion just feeling it?
When you let it go, is it just watching it go and not having to feel it anymore?
Wind 2020-09-20 17:35:56
Try to use your
intuition to focus
your attention on
your chest and
abdomen, and don't
overthink it.
Charts have helped me a
lot because I had
previously misinterpreted
emotions.
Huixuan 2020-09-20 17:36:49
@Wind ? For example, if something makes you feel fear,
humiliation, anger, or shame, just let it out—that's wind. 2020-09-20 17:37:21
Yes, but you should only deal
with one type of emotion at a
time, focusing on the top one.
You don't need to specifically seek out a
certain emotion, but you still need to recognize it in
your group members. 2020-09-20 17:38:06
Feeling emotions isn't about venting those feelings, right?
It's about looking at those feelings and asking yourself questions .
2020-09-20 17:38:24
of asking
questions
based on
feelings is as

follows

Sui Le 2020-09-20 17:38:31

@Wind ? My intuition is that when I let it go, I should watch it leave while simultaneously feeling my emotions. Can't I do that? Wind 2020-09-20 17:38:52

You're overthinking it, Huixuan. 2020-09-20 17:38:53

What about desire? @Fengfeng 2020-09-20 17:39:05

In the fifth video, I suggested not to rush things. If you don't have enough experience in releasing emotions, you won't be able to experience desire. I took a wrong turn before. I thought I was releasing desire, but later I realized I wasn't.

Group member 2020-09-20 17:39:44

If the emotions are too intense, what if you keep venting them and can't release them effectively ? 2020-09-20 17:39:46

Feelings are your feelings;
it's about holding on to them.
Letting go simply means
stopping you from holding on
to them.
Treat it as the energy you've grasped, and
then try operating Huixuan. 2020-09-20 17:40:51
There are many kinds of desires, so why did
Lester categorize them all into three types ? 2020-09-20
17:41:15
There are only three types of desires.
If you don't believe
me, just name any
desire and I'll tell
you what kind it is.
W~ping 2020-09-20 17:42:06
What kind of
guilt is it, Feng?
2020-09-20 17:42:22
Guilt is an emotion
Being in a state of grief
What drives this emotion is the desire for
recognition and the desire to control other group members.
2020-09-20 17:43:44
I think I'm starting to get the hang of it, but
feeling it doesn't necessarily mean experiencing it or venting .
2020-09-20 17:44:00
Don't force
yourself to
experience
emotions; it's
very simple.
Don't try to understand the
meaning of the question; it's
meaningless for the release.
So, just relax and operate
gently . 2020-09-20 17:45:36
Do you mean your appetite?
Generally speaking, this is an attempt to control
When you're starving to
death, the only thought you
have is to survive —that's

something you experience
directly.
Wanting to control means wanting things to
go the way you want them to. For example,
something you really dislike.
You want to change it
Or there's something you really like, and you want to possess it.
In terms of appetite, for example, when we eat something
delicious, we have a desire to control it . 2020-09-20 17:47:46
to feel emotional sensations (fear) in one's mind, with a buzzing and chaotic feeling in the head and between the eyebrows ?
Wind 2020-09-20 17:48:12
This is normal.
Actually, at first I
felt the same way you
did, all inside my
head.
Just release more.
The sensation
actually arises in the chest and
abdomen, accompanying the music.
2020-09-20 17:49:38

@Wind ? A stuffy
throat is probably an emotion.
Wind 2020-09-20 17:49:50
A feeling of tightness in the throat is a physical sensation.
Lester said that bodily sensations are an
expression of emotions . express) Huixuan 2020-09-20
17:49:58
Color, sound, smell, taste,
touch, and mental objects are all forms of
desire. @Fengfeng 2020-09-20 17:50:16
That is the six dusts
Don't confuse these concepts.
The six sense objects and six sense organs in Buddhism
When the "root" comes into contact
with the "dust," "consciousness"
arises from contact, which in turn
causes feeling; feeling causes
craving; craving causes grasping;
and grasping causes becoming.
The "craving" in the Twelve Links of
Dependent Origination is what we mean
by desire. Buddhist concepts are
complex, and I suggest not confusing
it with this.
The eyes desire to see more colors, the ears desire to
hear more sounds… This is the workings of ignorance and
craving. Craving, also known as greed, is called lobha in
Pali.
It's similar to what we
call desire; it's a
driving force.
But I still suggest not to confuse them...

Group member 2020-09-20 17:51:28
@Wind ? My brow is twitching. This is a feeling, not a release or an escape. It doesn't seem like the energy center in the chest and abdomen that everyone talks about.
My situation is also a
physical sensation, right ? (Wind)
2020-09-20 17:53:22
Pay attention
to the

sensation in
your chest and
abdomen, take
it slowly.
This is why you need an
emotion chart to pinpoint
your emotions.

Huixuan 2020-09-20 17:56:22

Emotions have emotion charts, making them easier to perceive.
Desire truly knows no
boundaries; wait for the fifth video ...

2020-09-20 17:56:56

Don't rush
Desire is something
you can perceive in group members

2020-09-20 17:56:55

@Wind ? I feel a blockage and discomfort when I
focus my attention on my chest and abdomen, accompanied by a very
mild case of leprosy. 2020-09-20 17:57:15

This is a physical sensation.
What are your
emotions? Search
the form.

Group member 2020-09-20
17:57:52

Fear and depression

Wind 2020-09-20 17:58:12

So which group member can you clearly feel right now? 2020-09-20 17:58:21

fear

风 2020-09-20 17:58:32
你能允许自己感受一会儿恐惧吗?群友 2020-09-20 17:58:35
沉重能吧
风 2020-09-20 17:59:09
你能放它走吗?
群友 2020-09-20 17:59:35
能
风 2020-09-20 17:59:41
愿意吗?
群友 2020-09-20 17:59:51
愿意
风 2020-09-20 17:59:59
什么时候?
群友 2020-09-20 18:00:08
不知道
风 2020-09-20 18:00:16
现在什么感觉?
有感觉释放了一点吗? 还是依然在那儿卡住不动?群友 2020-09-20 18:01:31
说不清楚啦好像是沉重和悲苦吧

Wind 2020-09-20 18:01:48

Continue with the previous process, allow yourself a moment to reflect, and then ask yourself three questions.

Group member 2020-09-20 18:03:33

It seems like I'm very focused when someone is giving me guidance, and it feels a bit refreshing.

It's easy to get confused when practicing alone.

Wind 2020-09-20 18:04:37

Are you still

feeling the fear from just now?
(Group member) 2020-09-20
18:06:20
There is a
deep wind 2020-09-20
18:06:39
Using charts, for example, was
very helpful to me in the past ,
primarily because many people
"don't feel anything" about
them.
Look in the table; you can usually
find that feeling and categorize it
into the nine emotional states.
After releasing, you can clearly feel your emotions shifting upwards.

Recording the release
technique in the "Harvest
Logbook" shows it to be very
powerful.
There is no need to use
other methods to weaken
it. He deliberately
demonstrated holding it
sideways, showing that
when all hope is lost,
don't rush.
Pay attention to the chest and abdomen area.
Then find your emotion in
the chart; there are many
repetitions after that.
As for the content, there
might be another section later
on. Actually, they mainly
guide people to release their
emotions. I just checked.
There's nothing important after that.
Basically, it involves students describing
their emotions about certain things,
followed by a series of guiding questions.
I can go directly to
translating the second video now. (Jing,
2020-09-20 18:47:17)

Wind. I have a question. For example, sometimes there are messages in a group chat that I really don't want to read. Is this considered disdain? How can I release that disdain?
Wind 2020-09-20 18:48:29

Not wanting to watch might stem from disdain,
impatience, or fatigue. You need to recognize
your feelings.
Once you identify a
feeling, categorize it
and then allow yourself
to experience it.
Then just repeat the
three-question process . 2020-09-20
19:00:50

By the way, there's

something I'd like to
mention that's also quite
important in some
theories.
What I'm trying to say is that they often use "powerless" to refer to apathy later on.
I also often feel that feeling utterly hopeless is a bit abstract.
You can understand it as "helpless" or
"unable to move". The video often uses the
words "apathy " and "powerless".
It is an emotional state
Indifference, numbness, stagnation,
ambiguity, and helplessness . 2020-09-20 21:00:16
While translating, I was essentially reviewing the
material again, and I felt I gained a lot. For example,
today I even noticed some of my own low moods that I
usually overlook.
Xiong Wei (xiongwei916132) 2020-09-20 21:01:52
There's something really good that I haven't had time to translate yet.
It's an American recorded interview with David Hawkins and a
release agency official about how he met the old man.
probably from the 1990s, is
very clear. 2020-09-20 21:03:26

I know that.
Hawkins' energy level
diss Lester Levenson (The Sedona
Method) in it ; I saw a clip of
him doing so.
That is to say, he later became an "evil guru
" and started charging fees. Hawkins was
originally his student.
I have a very good relationship with him
You see, Hawkins' energy levels are basically
borrowed from Lester's emotional scale . (Xiongwei916132 ,
2020-09-20) 21:06:16
He seemed to have an explanation for his fees; he
used to be free, but then people stopped paying
attention to Hawkins, and he became quite erratic, so
I gave up on him.
He was talking in a mystical way,
trying to gauge the energy level
of the person you were talking
about, like asking what level the
group owner was.
Hawkins started testing 100 200 300 400 500 600 500 550 530 , you're
really 530 .
superstitious

Wind 2020-09-20 21:07:30
Hawkins clearly copied
Lester Levenson (The
Sedona Method) , but he's
much more famous than
Lester Levenson (The
Sedona Method).

I was on 2020-09-20 21:08:05
There's also
this kind of operational
style. 2020-09-20
21:08:17
Don't just say Hawkins
does this kind of
thing, Larry does it
too, right?

Larry sold a measuring instrument

Xiong Wei (xiongwei916132) 2020-09-20 21:08:34

Larry does it
this way too?
That's measured
by instruments.

Wind 2020-09-20 21:08:46

They'll use brainwaves
to measure your
resistance level and
then make you buy a
measuring device.

The "Butt System " is a course developed by Larry. The term "butt" comes from Larry's quote of his teacher Lester: "Just sit and release, do nothing else, and you'll achieve your goal." The iCap Release Meter is a device that measures brainwaves. Wearing this meter during release displays the level of resistance. Releasing the resistance lowers the level, allowing you to monitor progress. In his lectures, Larry...

They frequently promote this measuring device and its benefits, but the Chinese translation omits these details.

I saw this article on your
WeChat official account . 2020-09-20
21:08:58

Forgive my ignorance, but things are so advanced abroad...

How much does that
machine cost? Can it be
imported so that every
member of the group can
test it?
I have a bold idea: let's use a machine to measure it, and then use Hawkins to measure it, and compare the results.

Xiong Wei (xiongwei916132) 2020-09-20 21:09:00
This is more reliable than what I've been repeating.
Her "butt success method" also requires you to buy something.
What is FCd ?
He also explained what that thing was for.
I remember once someone tested a pastor named Hawkins and got a score of 900.
Saying that person is
a god [smirk] is
really strange.
The old man never explained any
method from beginning to end; he
just told you to put it in.
It can only be said that he knew it was permitted.
He knew how they operated, but he hadn't experienced the process himself; he'd been through it all.

Wind 2020-09-20 21:10:37
Larry is quite fun too.
How to quantify resistance degree?
The old man said Sedona method
He just doesn't teach personally.
The release method course was designed by him.
However, to avoid trainees becoming
dependent on him, he never led the release
himself; he always had the instructors
lead them.
He said three weeks

I was on 2020-09-20 21:13:03
There must be a method. Lester himself said that if he had known the method earlier, his enlightenment would have been much faster. This method is the release technique.
Wind 2020-09-20 21:13:26

No, Lester clearly stated in his audio recording that the release method was a six-step process he created and that he himself described it.
The release method is also his

Xiong Wei (xiongwei916132) 2020-09-20 21:13:51
The six steps are his
But welcome,
accept, and allow
to leave.
Not mentioned
"Letting Go " has
been a great inspiration.
2020-09-20 21:14:14
Welcome to accept those who are not his

It was his
suggestion
that he be
allowed to
leave.
In the inside the way
This friend probably didn't read the whole thing.
The release method was mentioned many times in the later audio.
release
use the release technique
Wind 2020-09-20 21:15:50
Sedona was also mentioned. method
and allow it up and Go
also said that going to
your shit can stimulate
the shit to come out
before you can let go.
I was on 2020-09-20 21:15:47
@风 He's got a lot of talent, but he's too lazy. We've been waiting for him to translate something for months... Xiong Wei (xiongwei916132) 2020-09-20 21:16:16
Yes, but the steps
weren't explained in detail .
2020-09-20 21:16:31
That's an advanced course.
the The way is for Sedona A graduate of the
institute mentioned a video about the 1992
release law.
The courses set up by Lester Levenson (The Sedona Method)
These graduates learned sedona After the method , if they want to participate in advanced courses, Lester will come and talk to them.
Thus, the way

Xiong Wei (xiongwei916132) 2020-09-20 21:18:08
Actually, the book "The Road to Ultimate Freedom" is a
comprehensive collection of audio recordings, just
summarized and sufficient for most purposes.
There is no
specific method . 2020-09-20
21:18:43
Only early audio of "The Road to Ultimate Freedom" is available.
The audio recordings following his

invention of the release method do not include any recordings where Lester explicitly states that he systematized his method into a system called the Sedona method.

the way, the right path

There are some

Xiong Wei (xiongwei916132) 2020-09-20 21:19:39

"The Way" ? I searched for ages and found one, I even translated it, and the group admin also posted it.

A slight inclination towards that

wind 2020-09-20 21:20:59

No, I mean, Lester Levenson (The Sedona Method) in the The method mentioned in the story is from the Sedona Institute .

These are advanced courses, so they don't cover basic methods.

But he was in the Inside the way , they spoke with Hail, an instructor from the then-release law enforcement agency, who then led them... release

The background of this video series is an advanced course. That is, when talking about the right path to Sedona Institute graduates ...

He asked one of the students, "When did you take the course?" (Find this video series.)

This is a recording of Sedona from 1992 .

institute release method In 1992, when Sedona Institute was still Lester Levenson (The Sedona Method), Hale was his assigned instructor.

the In the story, Lester refers to Haier as a workshop. leader

I was on 2020-09-20 21:25:22

Is this woman also an instructor ? 2020-09-20 21:25:30

Yes, it should be a support/castin g mage.

Participate in the All the students in that advanced course had experienced "simply letting things fall into your experience by releasing them."

They all experienced the fundamental principle of "changing your mindset, and the outside world immediately changes," but their experiences were very different.

I was on 2020-09-20 21:26:25

Also, some sources say that several people were released into freedom. Is there any information available about those individuals? (Wind) 2020-09-20 21:27:56

There was a woman I contacted.

But I feel she doesn't have freedom.

There's a YouTube show where she connected with

someone online, but she
never talked about the
release method.
They're all Hindus, like that Shasan.
I haven't seen any free students come out of Lester Levenson (The Sedona Method) yet.

I was on 2020-09-20 21:28:48
One may have witnessed
the truth but not
necessarily achieved
complete enlightenment.
the wind is
still very difficult.
2020-09-20 21:31:05
Not necessarily
According to that Englishman
After awakening, you might
be more inclined to live in
seclusion rather than
become a teacher.

So some people may have gained freedom through the release law, but they have all gone into seclusion .
2020-09-20 21:32:06
wind
You will be free, wind 2020-09-20 21:32:26
I hope I can do that [laughing emoji]
It's ridiculous that some of his students sold his materials for money .
Larry's agency sends me ads every day.
Larry has passed away.
Last year (2019) or the year before (2018)

...The presence of this logo indicates that Haier became independent after establishing itself as a separate entity; you can tell just by looking at the trademark.
Haier does not
He frequently posts videos on YouTube but never claims to be free.
When Lester Levenson (The Sedona Method) was alive, many people said he was better than Hale. Lester Levenson (The Sedona Method) seems to have explained this.
He determines it based on a person's karma, not on who practices better.
Some people are suited to work in release agencies, while others are academically gifted but not suited for it.
One of the anonymous sharers was a British person.
Karma exists in the form of

habits. This is actually
the same in Buddhism. Haier
said he had no freedom.
During a YouTube livestream, he mentioned that he still had some stones.
The stone in my heart hasn't been released.
He used the metaphor of stones and sand.

Roller Coaster 2020-09-20 21:50:58

This book mentions that current release organizations primarily focus on guiding people towards improving their lives, but they largely fail to guide them towards discovering the truth and achieving freedom.

Look at the title of this book. It's about Lester coming to Earth in another form to preach about Lester. Levenson's Secret Comeback - Will I am - Karin Wettig.pdf [Grinning face][Grinning face] I bought this ebook for 40 RMB.

Wind 2020-09-20 21:54:22

Who wrote this book?

Roller Coaster 2020-09-20 21:54:48

Just karin wetting

Wind 2020-09-20 22:11:42

So this is where the story of Lester Levenson (The Sedona Method) dying of cancer originated... from the book that friend just shared.
Actually, I'm mostly no longer interested in these stories; there are more rumors than anything else.
I'd better release it.
Metaphysical matters cannot be resolved through debate.
I studied Buddhism before, and within Buddhism, people argue endlessly about practical application.
What's truly a waste of time is asking intellectual questions to gain approval from others; that's not good and doesn't help you at all.

September 21, 2020: Explanation of the release of wind on the target.

Wind 2020-09-20 22:32:36

Let me tell you something that happened today, though it's not exactly a verification, is it?
While playing the game today, I used my special ability before drawing cards, and then I had a fleeting thought: "Will I get a legendary card?" I ended up with two legendary cards and one golden legendary card.
I don't know if this counts as a miracle; such things are actually quite common in practice and often happen in small matters.
Hearthstone is doomed if something

big happens.

I was on 2020-09-20 22:39:14

Let me share a story shared by a member of our group. She had been saving money for a while, and suddenly one day a junior high school classmate gave her 30,000 yuan. He said that once at school, he had made a mistake that caused her to be scolded by the teacher, and feeling guilty , he suddenly gave her 30,000 yuan. This member happily shared this with me.

Wind 2020-09-20 22:39:20

This is very simple in terms of the release method.
Thoughts create the physical world, feelings drive thoughts, and basic desires drive feelings. In the Agflap program, you generate destructive thoughts.
My experience is that many things happen at just the right time , but that doesn't mean they're not operating in the subconscious.
Even if it doesn't surface, but is suppressed deep within you, it will still manifest in the tangible world. Thoughts are always active and functioning, regardless of whether you see them or not.
They say that subconscious thoughts also manifest; the only difference is whether you look at them or not.
Manifestation forces you to look at them.
Lester says that with each release, you become more free, relaxed, and efficient , so it's unlikely that releasing will actually make it harder for your wishes to come true.
My current experience is that after releasing stress, I do become more efficient at everything.

the way This matter was just mentioned in part 2.

He explained that the guidance was to do everything in a way that... perfection

That is, to obtain everything through release.

Striving for perfection in

everything, and achieving

success in everything, is

the path to advancement.

Qian 2020-09-20 22:49:09

What challenges did Lester Levenson (The Sedona Method) face during his three-month seclusion? The challenge of going for a run in the middle of the night.

Okay?

Wind 2020-09-20 22:49:26

There are challenges.

The challenge comes from intense,

dark emotions within , but those

emotions were always there.

It's just that

you refuse to

look or think

about it.

if you released your

feeling of lack of

control ?

It is more possible to gain control

This is the most direct feeling about freedom.

Let go of desires, and you

will feel guided by wisdom. 2020-09-20

23:02:28

Doesn't the release method have an emotional energy hierarchy chart?

How's your practice going? Experienced practitioners , @IamNo

Limited ? @Wind

Wind 2020-09-20 23:02:44

I played very badly.

It hasn't been released to cap yet.

There are often agflap

Wisdom's Guidance 2020-09-20 23:04:12

Was there no significant change in

emotions compared to before the release? (Wind)

2020-09-20 23:04:22

There are obvious changes

I think it was about
two years ago (2018),
that was my peak
period.
Later, I stopped
for a very long
time because I
didn't want to
release it.
I want to stay in that wonderful state.
Then those negative emotions
quickly returned , and I still
hadn't made a decision. Reaching
the final outcome in one go— I
didn't want to play anymore.
I've seen too much of this.
But I'm feeling really bad right now.
Because I had previously
experienced a relatively high
level of performance , falling
from that point has been
incredibly agonizing and painful
every day.

It's not that high; I think it's mostly within
the cap , but I know there's still a lot of
unreleased debris below.
I don't want
to look at
those things
from two
years ago.
After the release stopped, this relatively good state only
lasted a few months before I returned to my original
state, and my mind became very noisy again.
To use a crude analogy, it's like pigs in a sty; once they've eaten fresh
food, they no longer find swill delicious.

Already

Eating swill again is much more unpleasant than
when I didn't know there was fresh food
available. I always stop eating it.
But I've truly realized that the
mind is a garbage dump. Living your
whole life inside your mind would be
utterly miserable; it's all the same
desires and reactions over and over
again.
Very
procedural,
Lester
Levenson (
The Sedona
Method)
said 95%
95% of people in the AGF
hierarchy are said to "own
a state".
state of having

I'm referring to the mind.
You can also translate it as mind.
Lester uses the word "mind" to refer to the collection
of desires, emotions, and thoughts. Desires drive
emotions, and emotions drive thoughts.
According to Lester Levenson (The Sedona Method), emotions are survival.
programs

Survival Program
To survive, you developed these programs. Why are they called programs? Because they operate automatically in the background, driving your subconscious thoughts.
Thoughts are not free.
Driven by subconscious programs
For example, when you are in a state of anger, you will not be able to generate the thought of acceptance unless you release the anger.
Or, you can suppress it.
But the thoughts that arise after suppressing these feelings are not acceptance, but rather a sense of "helplessness" that you mistakenly believe is acceptance, which further suppresses your emotional state.

According to Lester, the only real power is the true self, and all of that power comes from you.
The power of a thought is something you give it yourself.

I'll stick to my original words: I memorized the text better.

You can flip it out directly.

"So what is a powerful thought? A powerful thought is a focused thought. The more focused the thought, the more powerful it is. A focused thought must simultaneously discard other irrelevant thoughts. The best way to have a powerful thought is to release your ego, release the feeling of 'I have this, I have that.' Then say, ' Yes, there is only one perfection, and this perfection includes this body.' Release the world, release your thinking, see your mind as your biggest obstacle. Whether you are aware of your mind or not, it is constantly turning. When you are not aware of it, it operates at the subconscious level. You train yourself to always think, your mind is constantly turning in thoughts. You give thinking too much importance. The importance of thinking is also unconscious, so it is difficult to release it. The importance of thinking is also the obstacle to your focused thought."

It's not that distracting
thoughts won't manifest,
but rather that you
counteract them with
opposing thoughts. For
example, you say, "I have
money." This thought was
originally supposed to
manifest.
But you immediately had the thought,
"How is this possible?" and you
cancelled it.
However, all thoughts
manifest, which is
fine.
I'll find the original text for you.

"The first step is to consciously control matter. Whether we realize it or not, we are always in control of matter. It's impossible not to be a creator. Everyone creates every day. The reason we are unaware of it is because we don't look at it. We manifest or create everything we have. Every thought, every single thought, manifests in this material world. If you think in the opposite direction after a thought, with the same force, that thought becomes ineffective. Any..."

If a thought is not immediately reversed or countered after it arises, it will manifest in the future.

Every thought, every single
thought, manifests; it's just that

you withdraw it yourself.

The sole function of the mind is to create.

"The creation we so diligently pursue is something we've always been doing, we just haven't realized it. All we need to do is consciously guide it. Everything we encounter in life is creation. If there's no thought beforehand, it won't manifest in reality."

The so-called cancellation means
applying equal force in the opposite
direction. I'm not playing these games
anymore.
this only as a
theoretical aid,
I'm currently
only practicing
releasing the
force of equal
power . It's very
simple; there's a
passage in my
autobiography...

"We should think positively. I often tell people , 'Give me the opposite of the negative thing you're thinking about,' and they can't do it. The difficulty lies in habit, but you can change a negative habit into a positive one. That is, give a positive thought more power than a negative habitual thought, and this will overwhelmingly kick out the negative thought. A powerful..."

A single thought can instantly banish hundreds of negative thoughts from the subconscious. So what determines the difference in the power of thought? That is...

It's the total amount of determination, resolve, or willpower you add to your thoughts.

resolve,determination,willpower
Determination, resolve, willpower
In fact, according to Lester, willpower is
something you can have if you want it, but
this only exists in early education.
There is a very clear dividing line between
Lester Levenson (The Sedona Method)'s early and
later teaching, for example...
Let me quote a passage.

Lester Levenson (The Sedona Method)'s early education particularly emphasized positive way
However, the release method is clearly a negative one. way
For example, there is another paragraph later.

A: Yes, it's necessary to do it this way from the beginning; it will allow you to progress rapidly. Then, after making some progress, you'll be even more...
There is motivation to do so. There are two paths to growth: one is to clear the mind, that is, the unconscious, and the other is to implant positive thoughts, to see clearly who you are and what you are.

Q: When you plant positive thoughts, do the negative ones still seem to have an effect?

A: Sometimes. But when you see your true self, you burn away the negative. You might say, " It's foolish to cling to pain and misfortune." You'll start burning it away. There will be inertia. If I say hot, you'll think of cold, won't you? If I say up, you'll think of down. That's the nature of thoughts. But that doesn't mean we've come to know our true nature.

The positive aspects of our being cannot eliminate the negative ones, because we are capable of eliminating the negative ones.

Look at these paragraphs
Lester Levenson (The Sedona
Method) constantly says that
there are two paths, one positive
and one negative.
However, he recommends positive.
This is the significant difference between early and late education.

Later, after the release system was established, he only mentioned "release

″ in his audio recordings.

Even in The Right Path , when a student mentioned his early advocacy of focusing on the question of ″who am I,″ he encouraged that student to let go.

However, this is the method that Lester most advocates in his autobiography.

″If you can raise and focus on the question ’ What am I ? ’ until your true self reveals itself , then that is the fastest way to achieve complete freedom. I still have time to meet with those who have done it. If you can spend 24 hours a day with ’What am I?’ and eliminate all other thoughts , then you can do it in just a few weeks. In any situation, whatever you are doing, you must always maintain this awareness behind your mind.″

Keep the question "Who am I?" in mind. If you can't do that, then the next big thing is to let go of your sense of self (e.g. , go to ...). When the ego disappears , what remains is the infinite you. If it seems too difficult to completely shed your ego at once, then start by releasing the effects associated with it—your tendencies , traits, likes, and dislikes. Everyone can easily release their inclinations and traits if they truly want to. As I mentioned before, start with small things and gradually work towards larger ones. Simple tendencies are like walking: you can change from walking on the right side of the road to walking on the left, or from sleeping eight hours a day to sleeping six. Habitual tendencies don't need to be completely eradicated; just show who's in charge for a short period. The tendency to seek approval is quite significant; everyone's attention is occupied in seeking approval. Everyone does this, which is a waste of time and energy. To put it another way, when you're seeking approval, whether you use the ultimate question, "What am I ?", or by releasing your ego , or by releasing tendencies, isolation is necessary ; you need to quiet down. Isolation can help you calm your mind. However, isolation is possible in any place, whether in a metropolis or anywhere else; I myself sought refuge in downtown New York City for [number missing]. 5 9 West Street 1 1 6 It is possible to grow daily through all our different relationships and encounters; we are here to grow, not to be tested. Here ...

This isn't a place for testing; it's a learning ground.

Therefore, in conclusion, I have come to the following conclusion.
The direct method taught by Lester in his early
days was too difficult for most people to use.
Therefore, Lester gradually reduced the difficulty until he created a release spell system suitable for everyone. Lester's final question was, "What am I?"
The so-called ultimate question is the
question that everyone will eventually
face. I don't care what that question is.
Because the methods I used for a long time in the
"Path to Ultimate Freedom" didn't work for me at

all.
Asking "What am I?" like a koan,
only to find that I'm not cut
out for it.
I'll just honestly
learn the release method. 2020-09-20
23:51:26
I've tried it, and it does help a little. It helps me
concentrate very well during meditation . 2020-09-20 23:51:37
That only focuses
attention and works at
the most superficial
level.
"Meditation that quiets the mind is good. Meditation that releases ego desires is even better. Meditation about 'What am I?' is the best."
Look at this part
The comfort that comes with concentration is
something I've experienced before when practicing the
Buddhist practice of Anapanasati, but that was like
"the surface calm of a volcano."

actually a form of suppression .

I was on 2020-09-20 23:55:19

One thought can replace ten thousand thoughts; when only one thought remains, one can witness the truth . 2020-09-20 23:55:35

I understand.

Just like in The Ultimate Truth, the mind focused into a beam of X- rays , of course...

Witnessing the truth freed my mind— I do rationally understand this.

But if I give up halfway, it's basically equivalent to repression, so for me, this is either repression or escapism, and I think it's better to avoid it.

Because Lester had stopped the students from doing this, he allowed them to continue releasing [their energy].

I am very cunning

Can't the release method reach the end? Why stop? If you're continuously releasing, why stop and try something else? It's simple: to avoid releasing.

Right?

I was on 2020-09-20 23:59:24

right

Wind 2020-09-20 23:59:26

Therefore, if the release is going deeper, we should continue to release it rather than changing the method.

I firmly believe that six steps can lead to the destination .

2020-09-21 00:02:26

Okay, I firmly believe in that too, and I will continue to release the wind. 2020-09-21 00:03:39

In later instruction, no matter what the students said,
Lester would circle back to that student who kept
saying, "I asked myself what I am ..."
Lester ignored her completely and continued talking about the release.
Therefore, when we look at early education and later
education separately, there is a clear difference in
attitude, even though the content does not conflict.
However, the early methods were not
systematic and some different approaches
were mentioned; later, only the release
method was discussed.
This was also what confused me, because
the information was quite disorganized,
and it took me several years to finally
sort it out.
Listened to some audio
Audio at different times

When I first came into contact with the Liberation Law, I encountered some "fundamentalists," some of whom even used "The Ultimate Path to Freedom" to oppose it.

They believe that the liberation method Lester described is the same as that in "The Ultimate Freedom".

I haven't read enough materials.
The Road to Ultimate Freedom frequently
asks, "What am I?" and also encourages
you to think positively.
Later, I listened to the 1992
Liberation Law course, which
explicitly opposed positive
thinking.
Saying this is useless
It's like covering a rotten
apple with a layer of good
apples to hide the garbage
underneath.
But the trash below is still there.
1992 release course was similar to
those of previous years; this was
considered a basic course.
I think that for true liberation, using this basic liberation course, along with advanced courses like "The Way," is probably sufficient.

I was on 2020-09-21 00:13:13

Authentic release
of the French style
2020-09-21 00:13:58

Those who previously researched the path to ultimate freedom now seem to have made no progress; this idea is simply impractical.
This is true, at least for most people.
I don't deny that there might be one or two
geniuses who can directly manipulate me, but I
haven't encountered any.
Actually, before I came across the 1992 release course, I listened to the... These advanced courses really want to revert to the basic courses.
I thought those things were gone forever.
So I looked for overlaps in Larry and
Hale's books. My idea at the time was
very simple.
The inconsistencies on both sides
should be the overlapping parts added
by the two people, which should be
what Lester taught.

After coming across the 1992 video, I thought it was amazing that the original version still existed.

Yiming2020-09-21 00:28:44

Everyone has different habits and temperaments; what suits you is fine, but whether it suits others or not is unimportant.

Wind 2020-09-21 00:29:08

Yeah, I mean if I can't use it, but there are some that can be used that I can try.
When I said it's unusable, I didn't mean it's completely useless, right?
I used to practice Anapanasati (mindfulness of breathing) meditation.
The feeling I get from asking "What am I?" is similar to practicing meditation , but the effect is not as good as observing my breath.
When observing my breath, I experience lightness, joy, and a state of concentration... all of which are the same feelings I have when I focus on "What am I?"

I can't lie to myself about this; I'm just
focusing on it as an object, but I can't grasp
the method.
So I 'll
just forget about it .
(2020-09-21) 00:33:09
What am I
doing? @Fengfeng 2020-09-21
00:33:20
This place
doesn't
have much
in the way
of
comfortabl
e living,
but it's
nice and
spacious.
Many such situations will occur.
Both Abhidharma and Yogacara
offer detailed explanations ,
but this belongs to the
category of Shamatha.
Observing the
breath makes it
easy to feel
relaxed, but it's
not yet time to
enter a meditative
state.
Entering samadhi is dhyana
Before this, one must experience
access concentration and
momentary concentration before
entering absorption
concentration.
This is what we
commonly call
meditation , but simply
practicing meditation
is useless; it focuses

on conceptual concepts.
There's a Buddhist concept involved
here, and I'll try to keep it simple:
focusing solely on reality prevents one
from entering into meditative
absorption.
Because reality is
impermanent (annica) ,
insight meditation cannot
lead to samadhi.
Meditation requires the mind to be
focused on an unchanging object,
which can only be a product of
conceptual thought.
The so-called conceptual method, in contrast to the ultimate method, means "indivisible" in Pali. That is to say, if you observe your body and mind as they truly are, you will find that your body and mind arise and cease in every instant.
At this point, it's impossible to focus on any one object, so it's impossible to enter a meditative state.
Therefore, practitioners of Theravada Buddhism are divided into two categories.
Samatha-Vipassana practitioners and pure Vipassana practitioners
The former cultivates concentration
through calming meditation, and then
practices insight meditation to attain
liberation; the latter directly
practices insight meditation.

Yiming2020-09-21 00:40:25
Is it the
observer, the
observed , or
the observer
of the
observer?
?

Wind 2020-09-21 00:41:03
Theravada Buddhism
doesn't discuss these
things; these are
things that Mahayana
Buddhism likes to

talk about.

Yiming2020-09-21 00:41:28

The Surangama Sutra
has already explained the wind.

2020-09-21 00:41:36

The Surangama Sutra is a Northern Transmission.

Seeing
one's
true
nature
as
unchangi
ng and
being
enlighte
ned is a
fault.

Yiming2020-09-21 00:42:18

The Southern Tradition is Hinayana.
The highest level of
cultivation is the Arhat's spirit.

2020-09-21 00:42:56

I've studied all of
these, abandoned both
Northern and Southern
traditions, and put
in the effort to
learn them all.
Now focus on the release method.
I learned some Pali in
order to study Theravada
Buddhism, but it was all
useless.
No need to understand
The long detour during the exploration period
To be fair, Vipassana meditation
is somewhat useful, but for me
it's not as useful as the release
of Dharma.
I tried many traditional and contemporary methods.
In the end, being very pragmatic, I
picked the one that worked best for
me and set the others aside.
When I used to talk about the liberation
method, I liked to draw on a wide range of
sources, but this time I had more to say, from
the philosophers of the pre-Qin period to
Buddha and Christ.

Later, it turned out that he had been adding his own drama to the story.

I will now discuss the release method using only the theory of the release method itself, and resolutely refuse to mix it with other methods.

I was on 2020-09-21 00:51:50

right

That's what I insist on too. Because I've seen many people who, because of their mixing and matching, end up making no sense with any of the elements.

untie

Wind 2020-09-21 00:53:00

Actually, I can make progress during Vipassana meditation , but that kind of progress isn't like the release method.

The release method allows you to know at every moment whether you are making progress; the feeling of release is so clear.

Emilie 2020-09-21 00:54:01

What is happiness? Simply put, happiness is being yourself. Not the limiting self you mostly play, but the infinite self you "are" and "have always been." It effortlessly manifests everything in your experience, while allowing the radiant, unwavering light behind the existence of everything. You might wonder, if this is true, why is happiness still so difficult, and why do so many books, including this one, discuss the topic of "happiness"? The answer isn't as simple as it seems. We play various roles throughout countless lifetimes, not our infinite selves. In fact, we become so engrossed in the limiting roles we play that we completely forget this is merely a journey.

A play, an illusion. We spend most of our time reinforcing the illusions we create, but rarely do we turn inward to free ourselves from the self-imposed, limiting illusions and gain true freedom. The illusion of "infinite existence" confined to a specific body and mind consumes enormous energy, which is why we often feel exhausted . We could use infinite energy to achieve happiness or discover our true identity; however, instead...

Yes, we use this energy to convince ourselves and those around us that we are limited and have our own problems.

Wind 2020-09-21 00:55:28

The translation is quite good. [Strong]

2020-09-21 00:56:33

I don't want to translate this.
Because it's obvious that Haier copied a passage from "The Road to Ultimate Freedom" and adapted it.
I have read this book
It's called "Happiness is Free and Within Reach".
Much of the content is from "The Ultimate Path to Freedom," so I filtered out the parts that Hale said were co-authored with Lester and lacked practical application.
The early courses were highly practical.
It is suitable for people who especially want freedom.
As for increasing positive thoughts, generally speaking, it will only have the opposite effect. This was specifically discussed in the release course.
Positive thinking covers up the emotions below.

I have two suggestions.
feel, don't think
Feel them, don't think about them. The second is to use an emotion chart to categorize and organize emotions.

Wood 2020-09-21 07:53:14

So many!
If this huge pile
You can just pack
it up and throw it away.
2020-09-21 07:53:38
OK

"Of course, another reason we don't want to see our subconscious is because it's all mixed up. One purpose of this diagram is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like this, just as your feelings are organized and function like this. Remove the fog from them, making it easier for you to become aware of what you're feeling right now, and then you'll start to know what to do. Now, if you notice there are many categories here: indifference, sorrow, fear, craving, anger, pride, fearlessness, acceptance, peace, in each category..."

There are many feelings associated with each category. What we're going to do in this course is to show you that when you become aware of whatever you're feeling in the present moment, it's not necessarily indifference, sorrow, etc. If you're not aware of it in this way, what you need to do is trace back...

(Trace) into these categories, the reason we do this is that every time you release a little bit of grief, you release all the feelings beneath it. So releasing grief is much more powerful than releasing these individual feelings.

When you trace this...

When you trace the following feelings back to this emotional category, and you release that category, you'll find you move upwards much faster.

> Categorization, this is retrospective emotion.
> Once you learn to release your desires, you can trace back to the source of desire.
>
> I won't mix these things up in my discussion.
> From a practical perspective, increasing positive thoughts is not a helpful way to escape; there are many other methods.
>
> The method in the second video
> Think about a specific situation where you suppressed your emotions, write it down, and release them. Then think about a specific situation where you expressed those emotions, and do the same.

Grateful for everything 2020-09-21 08:14:50

> Is the wind a handsome man or a beautiful woman ? 2020-09-21 08:15:34
>
> male
> I watched the second video again, but it didn't actually have much content.
> That covers the usage of the two pages of the workbook ; the rest is just long-form tutorials.

Wind 2020-09-21 08:25:51

The release method was indeed very simple at first.
identify the feeling. Feel the feeling. Could you let go? Would you? When?

I'll translate the fifth video directly.
The previous examples all illustrate the uses of a workbook, including setting goals, etc.
The fifth one begins to release desire.
Without setting goals, you'll push your desires deep into your subconscious; setting goals

is the only way
to bring them
to the surface.
This is different from what many people
understand.
A
superf
icial
'lack
of
desire
' is
not
true
lack
of
desire
; it
is the
result
of
suppre
ssed
desire
s.
well
You can find this emotion from the emotion
chart.

Has it changed?

The basic usage of the emotion chart is actually qu

itesimple;theprecedinginformationwasprimarily for beginners.

Even after becoming familiar with the concept of release, it all stems from the desire for control and the need for validation; the release course also emphasizes this point.

As I understand it, the preceding course structure is actually designed to help you become more emotionally connected, because most people tend to overlook their own emotions.

The repressed instinct is too strong So they use several methods to get you to notice your emotions.

For example,

Haier also gave an example at the end of the first lesson.
They say you have certai n peculi ar habits , such as a fondne ss for certai n foods or smokin g.
For example, playing games
There are emotions behind all of these.
Before you are driven by these habits, let go.
The second video is about suppressed feeling , and success
Asking you to consciou sly recall when you suppress ed your emotions is allowing your subconsc ious to surface.
Why are they discussing success?
Because people suppress a lot of emotions about the topic of ’success ’, the next video should be about goals.
G o a l s m a k e i t e v e n h a r d e r t o

avoidemotions.Iremembermanypeoplesayingthey haveenodesiresorwants.

But when asked , ″Is there anything you want to achieve? Is there anything you want to change? Is there anything you want to alter?″

He thought about it and realized there seemed to be quite a lot.
Upon closer inspection, it turns out that all of that stemmed from emotions.
So the importance of having a goal lies in bringing out those suppressed emotions , as Lester mentioned in the audio.
So the first

four videos
repeatedly
bring you to
the emotions
in the corners
of your heart,

and it's only
in the fifth
video that the
method truly
goes deeper.
Look at the "want" behind your emotions.

Huixuan 2020-09-21 08:52:12

@Wind ? I don't feel any sorrow or despair. I guess it's because you're suppressing your emotions too deeply, because you have to be strong.

Don't let emotions get the better of you

Wind 2020-09-21 08:52:23

Vague, stagnant
You can find these two feelings under "utter
despair" on the emotion chart; they are also
a state of utter despair.

Regarding goals, the fourth video
suggests writing down your goals (in
the present tense).
Then look at your goal.

Release your first feeling about the target
first feeling
Okay,
that's it,
it's that
simple.
Once you've released your initial
feeling, look at your goal again
and release that initial feeling
once more.
Continue until you feel
that the goal has been
achieved. Note the
emphasis on "achieved".

I was on 2020-09-21 09:01:45

@Wind ? Waiting for the target to be released; that video absolutely needs a detailed translation! [Facepalm][Facepalm][Facepalm]

Wind 2020-09-21 09:02:19

I've already reiterated almost
everything above; the rest is just
repeated guidance.
The original release
method is really simple.
I can translate their
explanation; mine is a
summary.
I've set goals and released them many times before.
I rarely set goals now because I've found that
there's nothing I truly want. Let me share my
experience regarding goals.

"Setting goals is a way to continuously release emotions. You look at the goal, and as long as you don't deceive yourself, a multitude of feelings like 'impossible' will arise. Of course, there will also be anger, sadness, and so

就是看着目标，冒出一个情绪释放一个
再看看目标，它有没有到“已经实现”的状态
如果没有，那一定是想要控制和想要被认同（情绪上是无能为力、贪求、愤怒、恐惧等等）
再释放最上面的感受
一个一个来
直到全部清空
我个人的经验是，这样持续下去，你会到达一个“我很自信目标能成功”的状态
但是这个状态不行 这
个状态还是要释放
这应该处于自尊自傲和无畏上下目

会做其他事情去

Then it naturally came.
This goal-oriented
process is almost always
effective and can be
started with small
things.
Lester said that if you can't be a winner, that sense of
defeat will stay with you, so once you set a goal, you
must achieve it.
Therefore, don't set the
initial goal too high,
lest it deter you.
Write down the lessons learned
from each success,
accumulating and releasing
momentum through achieving
small goals .
This will make you increasingly
adept at using the goal process . 2020-09-21
09:16:21
I didn't actually achieve anything through release.
But my promises always come true, yet
they sometimes work and sometimes they don't .
2020-09-21 09:16:38
I was the same before.
After listening to
Lester's audio, I
realized I had a
limiting concept.
"I can't keep pushing a goal until
it's achieved" is accompanied by
past frustrations.
Winner video , Lester said, "You have to be a winner, even if it's
just to trigger subconscious resentment."
That feeling of "frustration" and "I can't" shouldn't be held
in the subconscious for anything.
Because I noticed that at the beginning of the release
process, everyone was ambitious and wanted to achieve
their goals. However, due to an overly eager approach,
many frustrations accumulated halfway through the process,
leading to the realization that "being too fixated on the

goal can easily cause the release to become stuck."

Haven't most people had this thought?

Later I learned that this limiting idea was wrong.

What you're really saying is, "I can't achieve my goal," and "I can't" is a feeling of frustration.

apathy

Individuals, in the course of practice,

will invent many limiting statements

that Lester never mentioned.

Therefore, in the later audio recordings, I see Lester frequently correcting students' restrictive statements.

The idea that "goals will prevent you from releasing" is not actually true. It is your sense of frustration (feeling powerless) that is preventing you from releasing.

Goal setting is part of the Sedona method process; its purpose is to elicit hidden emotions and basic desires.

A person who truly experiences perfection and desirelessness is, of course, another matter entirely.

However, if you avoid the target and crave these things at the beginning of the process, you are not releasing it; you are simply suppressing it by not wanting to see it.

Lester's release method has developed into a very

practical, step-by-step system, introducing some

tools you might use.

The door has set a goal.

Target process

It is truth itself

The purpose of this tool is to bring your repressed feelings to the surface.
Once you gradually change this habit and release the frustration associated with your goals, you won't need to focus on them anymore.

However, it's important to "change what you cannot do and make it possible" by looking at the emotions behind your goals, tracing them back to the desire for control and the desire for validation. Simply let it surface, then let it go.
Repeat this process
These processes are designed to help you continuously release...
The so-called goal process is a way of arousing repressed emotions and desires in the subconscious.
If you are already in a very distressing

emotional state, and it's quite obvious,

then you don't need to try to release what

you can perceive.

Just release it.
Metaphysical discussions are actually not very helpful.
Once you release it, you'll clearly understand

what's going on— I mean, intell ectual issues .

Those questions are simply trying to fill in the gaps in your knowledge with a particular way of saying things. In the complete system of the release method, all problems can be solved through release.

To discuss metaphysics, we should say this:

No matter how many definitions we give to "truth," it is not...

By releasing it, and then experiencing it for yourself.

This is more effective than discussing it mentally a thousand times.

"The Ultimate Path to Freedom" is not necessary; it's a collection of early audio. I personally think the later audio is more important, as it's directly related to the release method.

Group member 2020-09-21 12:45:08

Wasn't *Ultimate Truth* written while Lester was alive? I saw wind in a love story. 2020-09-21 12:45:32

The Ultimate Truth" is the booklet.

Group member 2020-09-21 12:46:00

So, "Deciding Freedom" is also a kind of wind, right? 2020-09-21 12:46:19

The book "Determining Freedom" was written by someone else.

However, it was written based on Lester's oral account.

Love is the natural instinct of the true self , which is covered by "non-love".

Release those "non-love" feelings, and you will be able to love.

release the non-love feelings

Emilie 2020-09-21 15:23:22

Why does the feeling of "I'm not good enough" seem like an "indifferent" emotional state?

2020-09-21 15:23:43

Utter despair,
helplessness, and
indifference are one type
of feeling.
Let me give you a way to tell the difference.
According to Lester, these emotional states
represent different energies, depending on your
level of repression.
What is apathy ?
The translation is "indifference".
It means that I can't do it, I'm powerless, and no one can help me . 2020-09-21 15:28:41

So the only option is to retreat and ignore it.
If you feel helpless but long for someone to help you, that's grief .
If you've lost all hope of seeking help and only want to back down, that's apathy , or indifference.

care"

This is the clearest
original image I have,
because I don't know
who the photographer
was.

Wood 2020-09-21 15:35:13

Don't look for reasons
Just experience the
sorrow; analysis
avoids the problem.

Wind 2020-09-21 15:36:25

Not
analyzing is
the right
way to use
the poisoned
arrow
metaphor.

You've been hit by an arrow; the key is to pull it out.

of focusing on who shoots the
arrow and where the arrow comes
from is also valid.
Therefore, you initially
need the help of a table to
help you discover how you
feel at that moment.

Huixuan 2020-09-21 15:41:46

I didn't feel any emotion when I saw the form.
Seeing people heartbroken and unable
to move on, I always feel a sense of mockery .

2020-09-21 15:44:50

Mocking is a sign of self-esteem and pride
pride
Actually, you don't need to analyze your feelings too much.
Let's assume your current feelings are vague.
vague feeling
Direct perception is vague

A lot of things were moved on the ground.

To understand

Then, is it possible to simply let it go? Are you will

l
i
n
g
t
o
d
o
t
h
a
t
?
when?
Let's look at this vague feeling again.
If it's
still
there,
continue to
allow
yourself to
feel it and
then ask
yourself:
Can I?
Willing?
When?
L
e
t
'
s
l
o
o
k
a
t
t
h
i
s
f
e
e
l
i
n
g
a
g
a
i
n
a
n
d
r
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p
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a
t
t
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e
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n
.
Until you feel an emotional energy dissipate and be released, a sense of clarity arises, and the emotion becomes clear.

The place no longer felt blurry.
This means you have released this emotion.
The process is simply about continuously experiencing it, going through the flow; there's no need to analyze reasons, no need

to force anything, no need to...

2020-09-22 Feng Translation and Explanation Way 2 and the 1992 Liberation Method Course 5,

Discussing a love story, discussing some people's attempts to distort the release law.

Wind 2020-09-21 21:48:18

I'm translating part 2 of "The Way ." There are a few sentences in this text that I don't quite understand, so I'm just trying my best to translate them faithfully to the original meaning.

Lester : "Don't do work halfway. You'll find that when a free person does something, whatever they do, they will do it perfectly naturally."

I can give it to you now . Every time I postpone it , you want to kill me . (laughs) I can always point out the things you 're doing that are keeping you on the wrong track .

The last paragraph I've translated so far, I really don't know what he's talking about. Student: So what are your actions?

Lester: How about using dogs to keep watch? Who can make them stop and say, "I'm a dog"? Why don't we put an electronic system there, a sign that says "Beware of Dogs," and when they walk in it, it breaks an electronic beam that makes a really loud noise. We'd have to find a real dog to record that…

Look at this next part... it's even more confusing.
I've heard this part many times, but I've never paid attention and always skipped it because it's more of a casual conversation.

Everyone was chatting idly and laughing.

“Okay , I think I can stop now, because I’ve already told you too much. Let’s keep it simple. Now I ’m telling you ‘who you are,’ and if you can’t do something about it, stop looking elsewhere and put yourselves into being…”

OK , I’ve
finished
translating
the rest; it’s
quite simple.

Today I’ve let go, and overcome a major hurdle.
It’s nothing, just the news of my girlfriend, whom I’d been keeping quiet for a long time, passing away.
When I think about it again, I can only feel warmth and love
flowing through me, without sadness or regret. This theme has
been released quite cleanly.
I’ve cried before, but not this time.

Sister YUYU2020-09-22 07:15:04

Directly releasing the fear of death is like cutting the weeds at the root; isn’t directly releasing this a way to achieve instant success? Can we start from this point?

Wind 2020-09-22 07:15:54

You can try it.
But generally speaking, one doesn’t
initially feel the fear of death at the very
bottom.
Anyway, I usually don’t see it.
Only after a long period of releasing the desire for
control and validation did it glimpse the release of its
fear of death, and thus become free.
it’s finished
Completed
Releasing the fear of death
eliminates the entire mind, leaving
only the true self.
There’s no need to

pursue anything anymore, Huixuan.

2020-09-22 07:34:20

@Wind ? Has it eliminated the entire mind? Is

it connecting with the true self or becoming one with the wind? 2020-09-22 07:34:46

You are your true self.

In fact, Lester Levenson (The Sedona Method) said it wasn't until his third month that he dared to confront his "old friend" of death directly.

Wind 2020-09-22 07:46:14

I'm currently translating the fifth video of the 1992 Liberation Method because many people are asking how to release desires.

"Next, we move on to the second phase . We're going to take the release a big step further . Up until now, we've felt our present feelings , tracing them back to indifference , sorrow , fear , craving , anger, and pride , as well as fearlessness , acceptance, and peace , and then letting them go . I'm sure you can see the tremendous benefits of releasing your present feelings . What we're about to do will greatly enhance your ability to release ; in fact , you'll notice your desire for validation."

The urge to control and the desire to be recognized suddenly arise, and in a flash (the instructor makes a quick outstretched gesture with both hands), it's gone . This is natural; letting go of the urge to control and the desire to be recognized is a very natural part of us—when you recognize them...

I was on 2020-09-22 10:20:17

Today, I've finally begun to see every thought as stemming from three fundamental desires. Thoughts about people inevitably involve a desire for approval. Thoughts about things inevitably involve a desire for control and change.

In other words, from now on, any thought in your mind can be released; it's like a loose thread of wind being released. 2020-09-22 10:22:34

It should be traced back to
emotions and desires;
tracing back to thoughts
might lead to some
problems.

Once you've mastered releasing desires, you can quickly become aware of them.

However, for newcomers initially releasing
their desires, it's not recommended to trace
them back from thoughts; instead, start with
feelings.

Because many people mistake repression for release.

For example, regarding the desire for validation, many people would act like this: "I no longer want validation," and then...

He then suppressed it.

I've only seen this situation before; it's very common.

Because

releasing
"want" is a
deeper form
of release,
but many
people do
it
superficial
ly, only
staying at
the stage
of mere
thoughts.
Therefore, I think this
process of first making
you aware of your
emotions and then
tracing them back to
your desires is still
necessary in the
release method course.
Asking newcomers to jump
straight from thoughts to
desires can easily lead
them astray. Once they
become familiar with and
release these desires,
they will naturally be
able to discern the
difference.
I've had this experience.
I used to frequently release
"desire" in my mind, but it
became superficial. I only
later learned to release
"want" more deeply and
directly.
That was
clearly a
deeper
release; I
could
experience it
before I
gradually
became
familiar with
it.
This is my personal
opinion based on my
own learning
process and
experience.
Of course, it's better if someone can use it directly.
I
think
the
Libera
tion
Method
course
has a
very
rigoro
us and
progre
ssive
system
.

There's no need to figure out too many
methods and make modifications on your
own; just follow the course outline
step by step.
The period during which I followed these instructions was the period in which I made the most progress.

I was on 2020-09-22 11:20:46
@Wind ? Note that directly releasing the three basic desires doesn't change the method at all; it's something that will happen naturally later . Lester should have provided a direct explanation.
For example, Lester directly addressed his three basic desires; he didn't specifically use emotional manipulation . 2020-09-22 11:20:58
certainly
In the sixth, seventh,
and eighth videos, it's
basically about
directly releasing
desires.
However, one thing is certain: you
need to feel the wanting and be
aware of it.
I was on 2020-09-22 11:21:49
Yes, you must truly feel that desire.
It's right there in our everyday lives, we just haven't noticed it . 2020-09-22 11:22:11
However, this process of experiencing it
cannot be skipped, otherwise it's easy
to go astray.
Lester mentioned that the release method is a method suitable for everyone.
You probably have a stronger innate talent that doesn't require these processes.
However, my ability to express myself was developed
through these processes and gradual practice, so I
know that if newcomers try to do those things
directly, they can easily get caught up in their
own thoughts. At that time, I couldn't even feel
anything in my chest and abdomen, or even in my
center.
Feeling in my mind
The sense of release this brought was even
less profound than the emotional release I

experienced before, and I knew I had made
a mistake.

Chen Yuling 2020-09-22 11:27:46

Yes, that's a question I've always wanted to ask. I don't feel anything in my chest or abdomen; it's all in my head. What should I do?

Continue releasing?

For example, yesterday I released my resentment towards someone; I didn't feel anything in my chest or abdomen, and my emotions were very stable.

The resentment was obvious, but I just didn't know how to release it. [facepalm]

I easily identify the three basic desires, but I don't know how to release them [facepalm] because I don't feel anything physically or emotionally.

Wind 2020-09-22 11:28:02

Pay attention
to the chest
and abdomen
area. Use it
more and
experience it
slowly.

You will increasingly experience the position of emotions

When communicating with different people, you need to speak at different levels .

When communicating with newcomers who have difficulty even feeling their own emotions, I can't mislead them with my own long-held experiences.

them

Let's stick to the curriculum. Can you feel the resentment?

If so, then feel it.

The chest and abdomen are just to help you experience it more deeply.

Chen Yuling 2020-09-22 11:31:47

Resentment is in the mind, separated by a layer.

Resentment should be categorized as a form of control .

2020-09-22 11:33:32

I suggest becoming aware of your desires through experience.

Because analysis doesn't actually help you become more aware of the analysis in your mind.

Chen Yuling 2020-09-22 11:34:47

The key is that during the release, one doesn't feel resentment . 2020-09-22 11:34:58

This is the key issue.

Therefore, all I can suggest is to try to feel what you're feeling, then ask yourself those questions and return to your feelings.

Try to feel it through your chest and abdomen, don't rush.

You should experience it once you keep doing it.

Furthermore, analysis is actually useless, because I've experienced this before.

I've analyzed the relationship between emotions and desires for a long time, to the point where I could even write a paper on it, but I still don't feel a sense of release.

His problem is that he can't feel emotions;

that was the initial
issue.
That is, you have
to learn to crawl
before you can
learn to walk,
and then you can
learn to run.
If one cannot feel how to release, how can one understand "the desire behind release"? First, one must allow consciousness to understand and experience what release is.
Let release become an experience that
can be understood through experiential
means, rather than just a concept.
This is what I think.

Chen Yuling 2020-09-22 11:39:30
Just to confirm, is that feeling between my chest and abdomen not a physical sensation? (Wind)
2020-09-22 11:39:53
It is
accompanied by
physical
sensations but
also by
emotions.

sensation Both and feeling [1] are available.

key parts of the instructions in
this video.
This is a release method that
you'll use later on; it's a way
to release basic desires.
When the release method course reaches the point of releasing desires, there are actually not that many questions anymore.

Xia Shan 2020-09-22 11:51:56

I tried releasing some tension this morning, and I felt a sensation in my chest and abdomen at first. Each time I did it felt like a cloud gathering and shifting a little. Later, I felt a tightness or blockage in my throat, but I didn't feel any significant release or anything else. Does this mean I felt something? [Facepalm] @Wind ?

Wind 2020-09-22 11:53:47

Let's continue with the process.
This doesn't really count as experiencing release.
Don't have too many imaginations or expectations, just do it.
When you experience it, you'll
understand what it's all about,
because I got stuck on the beginner
part for a long time.
Back then
Sometimes, trying to go too fast
actually slows you down ; it's
better to just follow the proper
procedures.

Lucky Star 2020-09-22 12:45:56

@Wind ? Is releasing emotions simply releasing fear and hatred? Is releasing desires about asking three key questions? What's the difference? Don't

Wind 2020-09-22 12:46:38

Releasing emotions means feeling your
emotions and asking yourself three
questions to release your desires. You
don't need to ask the last two
questions.
Simply allow yourself to become aware of your desires, and then let them go.

I was on 2020-09-22 14:41:49

Actually, I've been stuck in a state of anger for at least two years, but anger is very difficult to overcome because my anger towards my parents has been holding me back for a considerable period. Furthermore, I haven't focused on releasing my three basic desires, so the breakthrough has been extremely slow.

I only recently realized this. Then, I casually released the three basic desires under the anger level, and the breakthrough speed felt dozens of times faster than before.

I estimate it will soon reach the level of arrogance [laughing emoji] 2020-09-22 14:43:53

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[1] Sensation refers to the consciousness (physiological) generated by your bodily senses.

For example, you were sitting in the car, and the car wasn't moving. Then you said, " I..." got a sensation of Movement: You suddenly notice the surrounding trees moving, and at that moment you become aware that the car is moving. This sensation generated by consciousness can be described as feeling or sensation. Emotions arising from consciousness (psychological) cannot be described using the term "sensation" but only "feeling"

.

thousands of times accelerate
Releasing the desire for control and validation will greatly accelerate the process of releasing, provided that you have truly mastered it.
underneath it
Releasing the desire that drives your emotions will release all the emotions mentioned above; this is considered a deeper release method.
After you're familiar with the release process, you'll need to use this , and their program is a four-day course.
A week of weekend study to release emotions while looking at spreadsheets
Next weekend, we'll begin learning to release our "wants"—the desire for recognition and the desire for control.
Simply keep releasing these two "wants".

Zhao Jiaman 2020-09-22 15:21:46

The fear of not being able to survive is too deep and too painful. "The first thing we suppress is the desire to live as a body, which arises as the 'fear of death.' How does it develop into other feelings? If I gain everyone's approval, I am safe, I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that is control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to first deal with the desire to be approved and the desire to control. When you release those, in it..."

The underlying "fear of death" will naturally and noticeably surface, giving you the opportunity to release it.

All feelings develop in this way.
all feelings are survival programs

All feelings are part of the survival process.
Our parents are the first people to care for us, and if they don't accept us, our bodies will die, so they are also highly associated with the "fear of death."

Ju Ting 2020-09-22 15:55:01

I'm currently facing a bottleneck.

I know I need to release a lot of pent-up emotions in certain areas, but it seems like there's some force preventing me from facing and releasing those emotions.

Wind 2020-09-22 15:57:27

Resisting release
Resisting release
means releasing;
resistance usually
indicates a desire
for control, and
there are several
possible scenarios.
One is to want it to end quickly.
There are too many suppressed
emotions; rushing to release
them all will only create more
stagnation.

Therefore, releasing this desire for control
can free you from getting stuck on its
surface; you can perceive it.
The result of repression is usually like this.

Ju Ting 2020-09-22 16:26:58
@Zhao Jiaman? Did you release all the
emotions on the emotion chart? (Wind) 2020-09-22
16:30:49
This doesn't need to be checked during release.
In the process, the emotion
chart plays a supporting role in
helping you identify your
current emotions.
Ju Ting 2020-09-22 16:40:53
@Wind ? I did release some
emotions by looking at the emotion
chart before , but I didn't
repeatedly release the three major
desires [facepalm]
Wind 2020-09-22 16:41:33
That works too. Have you tried releasing the desire
for control and the desire for approval that lie
behind your emotions? In the original release method,
you initially only need to release these two
"desires." Then the fear of death will naturally
arise.
If you can see it,
you can release the giant court.
2020-09-22 16:42:49
I can see the fear of death when I release emotions
[facepalm]. For example, I especially hate it when
someone tells me that eating certain foods will make
you sick.
Wind 2020-09-22 16:45:36
What you're trying to control...
Desire is different from feelings; it's fleeting.
In other words, you only become aware of it, and
naturally tend to let it go. Of course, this
profound experience needs to be gradually
familiarized with.
I was on 2020-09-22 17:05:54

...The difficulty in releasing emotions stems from a deep-seated belief that emotional feelings are an integral part of oneself. One lives solely for emotions, and everything is driven by them.

Wind 2020-09-22 17:09:09

It's about feeling " feelings have me" or " I am the feeling".

Just like a pen, once you hold it in your hand for a long time, you feel that it's an integral part of you. Making release a normal part of your life makes it much easier.

Replace repression, become your first instinctive group member.

2020-09-22 17:20:00

@Wind ? I can't see any resistance or aversion in the emotion chart . 2020-09-22 17:21:29

Because of anger, you can resist something; because of indifference, you can resist something; because of pride and arrogance, you can resist something; because of sorrow, you can resist something; because of greed, you can still resist...

Therefore, resistance itself, in every emotional state, is categorized as a desire to change.

I was just talking to my friend about the three states Lester mentioned.
In the video, Lester uses an emotion scale
to categorize people into three states,
basically indifference, grief, and fear.
The defining characteristic of a state of being is equating happiness with possession; the more one possesses, the happier one is.
In this state, there is almost no energy to change anything;
life simply cycles in a circle. So-called successful people
are in that 5 %, which Lester calls the "state of action."
That is, most of the time one is in one of the four emotional states: greed, anger, pride, and fearlessness.

people

Less than 1% of people, whom Lester calls
"a state of being" —that is, people in a
state of acceptance and peace—are in a
state of being.
In the state of action,
people equate action with
happiness; in the state of
existence, happiness is
simply existing.

And this too.
This refers to "fearlessness".
When you're fearless, your " selfishness " is 50%.
Half selfish, half selfless
In the realm of fearlessness, the majority of the time revolves around how to protect oneself.

Wind 2020-09-22 18:07:34

I've seen a few Taiwanese teachers before, and their original creations are truly amazing!
I remember Wang Youhua, who translated the book
"The Power of Letting Go," created his own forum on
the Santo Dona Liberation Method, where he answered
questions.
He came back from a Haier
course, so everyone
regarded him as an
authority figure at the
time.

He said that you should first give the emotion a triple welcome, and then use three questions to combine the triple welcome with the release method.
Make it extremely complicated

I was on 2020-09-22 18:16:56
Evolution isn't
just a myth. 2020-09-22
18:17:06
also said that Buddhism was a degeneration from extraterrestrials.
Light and sound are born throughout the world
Yogananda is an enlightened being that Lester often mentions. In short, the Chinese spellcasting community is still quite chaotic; I fell into quite a few traps early on.
Many people use blind guides.
After the triple welcome, Haier also let loose and later stopped teaching basics.
Only the triple welcome and the various subsequent double welcomes are taught.

There is also the "whole-body release method".
To feel the whole of the present moment, etc.

Ranama Marharshi advocated for the concept of "Who am I?"
Lester mentioned these two people most often .
The other is Yogananda
The audio also recommended that students read
"The Autobiography of a Yogi," which I found
and read.

Triple welcome only weakens
the power of the release
spell; triple welcome will
still have the effect of
release.
But it won't go very deep.
Haier has gone astray. In fact, many students
have mentioned that Haier has gone astray, as
mentioned by students at Lester Levenson (
The Sedona Method).
For example, Stephen
He said that the changes Haier made actually
weakened the power of the release method. When
I was abroad, I always followed Haier on
YouTube and Facebook, and I would watch every
video he posted.
The methods used are becoming increasingly strange.
There is absolutely no trace of the release spell anymore.
Anyway, of all the release methods I've used so
far, the one Lester originally invented is the
most user-friendly , simple, and straightforward.
Without the concept of suspicion
Enough for self-growth
The six steps encompass the entire map.
This is how you exit from the six steps.
The six steps Lester described
are unchangeable; they are a
core summary of the release
method.
By following these six steps, you can achieve freedom.
Freedom is not possible
without following the six

steps; it is very simple.

In the right In the Path video, a student asked a question about the operation of "What am I?", and Lester simply ignored it.

Lester said not to stop releasing, to release your desire for control, and continued with the six steps. Lester clearly understood that this was escapism.

Later, all his teachings revolved around the release.

No longer talking about "what I am".

I divided the available audio files into periods, listened to them many times, and roughly figured out the changes in his teaching.

Lester's earlier statement, "What I am," was better than "Who I am."

Because when you say "Who am I?", you subconsciously think of a body.

The Road to Ultimate Freedom contains early videos.

My identity is
inaccurate,
mainly because
it was from
the 1960s .
After Lester Levenson (The Sedona Method) established the Liberation Law Institute, his teachings revolved around liberation.
Release , release , release
lets you release more often.
take the six step
Release according to six steps

Wood 2020-09-22 18:52:07
What am I? Knowing the answer is
useless, isn't it, wind? 2020-09-22 18:52:19
The answer from the mind is of course useless.
Lester Levenson (The Sedona Method
)'s early work doesn't ask you to
find answers in your head, but
rather to wait for your true self to
emerge.
I've used this method before.
It's similar to the "Anapanasati"
meditation I practice; it feels very
focused and joyful.
However, because I had experience with
Buddhist meditation, I didn't take these
things seriously. In the Theravada meditation
system, this is called "shamatha" (calm
abiding meditation).
That is, temporarily suppress your emotions.
Clearly, "calm meditation" is a high-level method of repression.
Theravada Buddhism clearly states that "meditation" is a form of suppression.
"The Power of Now" is mindfulness, which in Pali is samma- sati.
Maintaining awareness of the
four levels of body, mind, and
spirit are all methods that can
be effective.
of these methods were as
helpful to me as the
release method, so I won't

judge them .
Conservatively speaking, for me, none of
them are as effective as the release
technique. I don't really understand the
power of the present moment.
I have practiced Theravada Vipassana Mindfulness.

Qian 2020-09-22 19:00:56
To digress a bit, there's a place in Shenzhen called Non-Space, which already had 18 [units/facilities] by last year.
He's enlightened.
Wind 2020-09-22 19:01:45
18
enlightened
beings?
That's
incredible!
Among Westerners, I only
acknowledge Lester as enlightened;
I don't pay attention to the
others.
I won't judge who is
enlightened and who is not;
I've watched a few of
Tolley's videos.
I feel he's a good spiritual teacher, but I'm not
entirely sure if he's an enlightened being.
Enlightened beings aren't that common.

Xiong Wei, emerged in the West. 2020-09-22
19:07:43
Eckhart Tolle thought, "I can't stand myself anymore," and then
suddenly realized he had several [skills/abilities], and that's
when he had an epiphany.
He suffered for many,
many years . 2020-09-22 19:09:50
It's about detaching through contemplation.
That Sadhguru talks about these methods every day.
However, Lester's awakening was an instantaneous knowledge of everything
that was happening in the universe.
all — knowing , all — powerf u l , e verywher e I
've read quite a few spiritual and religious books,
but I only really connect with two people: the
ancient Buddha and the modern Lester Levenson (The
Sedona Method).
In methods like this, progress is
not as clear as with the "release
method." Sometimes you don't even
know if you've made any progress,
but with the "release method,"
every release is very clear. The
old man always talked about
methods, letting you see for
yourself; he rarely talked about
dry, pure theory.
Xiong Wei 2020-09-22 19:24:52
The old man gave you all the instructions for the
moon landing; see if you want to go. 2020-09-22 19:24:59
That is
The six steps make a complete map
Once I've decided on one path,
I've abandoned all others and
tried different methods; it's
better to unleash my potential
one more time.
If you release it once
more, you won't want to
change it anymore;
changing methods is
just escapism.

I was on 2020-09-22 19:28:35

It's okay to change methods; once you've changed, stick with it. Don't keep changing your approach . 2020-09-22 19:28:49

It's okay to change your strategy a few times during the pursuit phase, but once you've decided, don't change it again.

I was on 2020-09-22 19:29:14

And then what? There's another approach: don't change the method, but combine several methods together...

Misunderstanding

This is the stupidest thing.

The consequence of this is that there is no way to truly understand it.

Wind 2020-09-22 19:29:33

Mixing and matching is even more ridiculous than changing the method.

Mixing and matching means, "I'm smarter than the enlightened ones; I've thought of things they haven't. "

The improved method is actually more powerful than the original one.

Or perhaps they believe that what the enlightened one said is not the complete truth, and that they still need to piece it together with their own minds.

I was on 2020-09-22 19:30:42

Anyway, when I see members sharing things like this in the group, I usually can't argue with them, so I can only kick them out or threaten to kick them out to make them realize their mistake.

Furthermore, the release method is easily modified into other methods, such as the present moment method, the feeling method, the welcome method, the acceptance method, etc., but the release method is never truly learned.

During my spiritual practice, I also went through a phase where I felt that Lester hadn't said everything, that there were things he hadn't mentioned, and I started trying to create my own explanations to fill in the gaps. But I immediately realized this, because the more I released , the more I discovered that my so-called self-created explanations were wrong. The method of release cannot be changed.

Once you change what you created, you've simply fallen into a mental trap . 2020-09-22 19:43:34

started looking at English materials because there were too many problematic Chinese resources available.

hai 2020-09-22 20:00:55

Has anyone used Lester's awakening method, which involves asking oneself, "Can I transform this feeling into..."?

What is the feeling of love?

Keep asking, and either transform it into a feeling of love or let go of the feeling of wanting to change.

Wind 2020-09-22 20:01:40

Lester later explained in the audio that the effect he achieved was a release, but it wasn't systematic at the time.

He added, "I didn't have the six-step method back then, otherwise it might have been faster." He personally stated that the release method was better than that one, so there was no need to go back to the former.

Related to the spread of

Why are there so many Lester Levenson (The Sedona Method) "fundamentalists" in China? I think it's related to "The Ultimate Road to Freedom".

"The Road to Ultimate Freedom" only includes early audio recordings, and the focus of these early recordings differs significantly from that of the later ones.
This has led some people who only watched the early audio recordings to believe that Lester never discussed the release method , or even to use snippets from the early audio recordings to oppose the release method.
This is the result of not reading all the information.
In fact, his later audio recordings all revolve around the sedona method for releasing.
Keep saying this
Then it's take. the six step, and you will be free
This is also a high-frequency sentence.

hai 2020-09-22 20:08:07

Is it necessary to use the release method to sort out the key people and events in one's life?

Yeah, sometimes I want to clear out the junk in my subconscious quickly, so I try to sort it out, but the memories are especially painful.

bitter

Wind 2020-09-22 20:08:40

methods found in the workbook of the "Releasing Subconscious Emotions and Desires " course.

Write down where you seek approval and control.

Then release
This method is also somewhat useful.
However, I personally prefer what Lester said
in the advanced course about simply releasing
the feeling of being stuck there.
Once the surface is released,
the underlying material will
automatically surface and then
be released again, and so on...
This works
better and is
simpler for
me.

Zhao Jiaman 2020-09-22 20:11:32
@IamInfinite ? It's true that simply loving can lead to success, as he mentioned in "The Road to Ultimate Freedom," specifically in the section on helping others. I tried it, but found it impossible.
Wind 2020-09-22 20:11:54
The autobiography
mentions four paths;
all paths can be
categorized into four.

The four ways are the rational, which is the mental way? the scientific, which is the specific methodological way? the emotional which is the love and devotional way? and the active way, which is rendering selfless service to mankind.

这四种途径是：
理性的，就是心智途径；
科学的，就是特定方法学(methodological)的途径；感性
的，就是爱和奉献的途径；
以及行动性的，就是实践对人类无私服务的途径。

To reveal yourself, all you need is the desire to want and the right direction.
methodological
The scientific way
(specific
methodological
approach)
By conducting empirical
experiments step by

step, we can subdivide
these four approaches.
In fact, as mentioned in "The Ultimate
Path to Freedom," this classification
method was not Lester's original
creation.
Yoga originally contained
Jnana Yoga, Kriya Yoga,
and Bhakti Yoga, among
others.
The book "Ultimate Truth"
outlines five paths, and it also
includes the ultimate question.

Taking the same detour

However, "Ultimate Truth" is only an early collection of autobiographies, written in 1972.

At that time, the release agency did not seem to have been established yet.

My process of compiling information was fraught with detours, so I'm sharing these experiences to prevent others from making the same mistakes.

"Lester Levenson (The Sedona Method)'s Autobiography," "Ultimate Truth," and "The Road to Ultimate Freedom" are all watchable, not unwatchable.

However, do not use it to replace the release method.

I was on 2020-09-22 20:26:35

For the first book, I think I should read "A Love Story". 2020-09-22 20:27:30

This was originally
a summary of audio
files; I'll try to
find that audio
file.
I'll translate it when I have time.
What Lester Levenson (
The Sedona Method)
himself said is
actually quite similar.
I forgot which
audio it was; I'll
look for them one
by one.
Lester began by talking about his heart
attack, then moved on to his speech,
saying that giving a speech was a way of
expressing his freedom.
I discovered that my karma was like a rope burned to ashes; the habit had lost its power, but it was still there.

Son

The moment he realized it, it was
as if he pulled it, and it turned
to ash. This was mentioned in the
audio recording.
Very interesting
I later came across the book "Determining Freedom" on your WeChat official account, and discovered that it's actually based on Rice's...

Recorded from Te's dictation

It was polished into a written version.

I remember a scene where, in order to return to the world, he stared at the television screen trying to grasp the feeling. After a long time, he finally captured his first feeling and was extremely excited.

This is the process of him
rebuilding his mindset and
coming back, focusing on
negative words.
Staring at the TV

Actually, there were some confusing
points during the release process, and I
believe that those who actually practice
it will have encountered those doubts.
These questions were only resolved after seeing more information.
The earliest version of "A Love Story" that I read.
This book wasn't written by Leigh, but I've
always felt there were no problems with it;
it's very concise.
I once thought that some parts of
this book were descriptions because
they didn't quite match my
autobiography.
Later it was discovered that it was simply a difference in
perspective.

But I didn't know the
origin of these stories
until I heard the audio,
and then it dawned on me:
look, it mentions three
major desires.
Very clear
Solve one per month
It 's the same as what the
original release method teaches. 2020-09-22
20:45:15

Therefore, this book is the first book you should read when learning the Liberation Method, and it is the best.

I used to watch "A Love Story" repeatedly because I loved it so much. I could even recite it from memory; it moved and empowered me deeply.

Wind 2020-09-22 20:46:21

That book
is really
, really
good.
I never expected that the book I first read, the one
with no official documentation, would actually be the
most orthodox one; it truly was powerful.
Moreover, it's a compilation of
Lester's original words,
containing six steps.
He was happier than at any other time in his life, and he continued to correct things, feeling even happier with each new correction.
This is step six.

Moreover, beginners can learn what approval and control are by looking at that.

I've found that many people don't understand the concept.

After watching this, I'll naturally gain
a deeper understanding of these things,
and I quite like it.
Sometimes I imagine him letting
go of everything and releasing
it all at once.

I was on 2020-09-22 20:59:32

In fact, when you are confused, stuck, or feeling lazy, reading this book will give you renewed faith.

My heart is full
Wind 2020-09-22 20:59:51
Yes
However, I later listened
to Lester's audio
recordings ; some of them
were very inspiring.
Several parts of the way
the right path
beingness
keeping it simple
of "The Way" and "The Right Path" were the most
inspiring to me. the The first part of "The Way"
discusses directly confronting the fear of death.
"The Right Path" outlines six steps to achieve
freedom, including continuous release and keeping
it simple.
These are all post-production audio tracks; they give you a very clear sense of the road conditions as soon as you listen to them . 2020-09-22 21:04:59

It seems these audio recordings are all very important. 2020-09-22 21:06:32

I'll translate these few relatively important ones later, hoping to benefit more people.

Actually , I've already translated the first and second parts of "The Way ," and they're available on the group admin's WeChat official account. 2020-09-22 21:11:49

wind did you translate today? 2020-09-22 21:12:28

I translated Part 5 of the 1992 Liberation Act; there are still some parts I haven't finished translating.

The main content is actually translated, but I don't plan to translate the entire introductory section too long.

I translated two paragraphs of the introductory section.

I'm considering whether to translate another section; perhaps it's no longer necessary.

You can send this directly.

On September 23, 2020, chatting with the wind finally made me realize what being stuck is and how to release it.

This is a crucial step in initiating sustained release; the time is ripe to establish a teaching center for the Original Release Method.

Lele 2020-09-23 07:33:31

Every morning when I wake up, thinking about all the things I have to do that day makes me feel depressed and suffocated. What kind of emotion is this? And what desires are behind it?

Wind 2020-09-23 07:39:32

Want to control

You want to change this situation, you want it to go the way you want it to.

Wind 2020-09-23 09:14:01

Here's an insight I gained this morning: The more stuck you are, the more you need to release— release the desire to change—and then confront the feeling of being stuck. Otherwise, if you suppress it into your subconscious, it will keep affecting you, and you'll remain stuck.

Don't try to suppress it, but don't run away either. Just face the card until you release it. Don't do anything else to escape it.

Grateful for everything 2020-09-23 09:18:52

This morning, I took my child to school. It was almost time, and while the child wasn't in a rush, I was. Then I got a little angry, and I felt my emotions. I know this is my desire to control, and this is how I released it. Do you think this is right? Can I let go of the desire to control my child? (Yes) Am I willing to let go? (Yes) When? (Now) I keep asking myself, is this okay?

Wind 2020-09-23 09:19:15

Releasing desires doesn't require the last two sentences.

你问“我能觉察到想要控制吗？”然后你看着想要
控制
问“我能放它离开吗？”
如果不能，卡在那里，你就看看这个是不是想要改变（想要控制）觉察到这个想要控
制，你基本上就直接倾向于放开它了
于是你可以再看看你对那个情景是否有想要控制然后再允许自己
觉察它
问自己“我能放开它吗？”再看看有没有更
多
……

Just do it like this

If you're stuck, you must first release the feeling of being stuck, and release the desire to change. You can't keep resisting that feeling of being stuck indefinitely.

This is equivalent to pressing the accelerator and the brake simultaneously.

I was on 2020-09-23 09:23:38

What is stuck

[facepalm] wind 2020-09-23 09:23:53

It just can't be released.

If it can't be released, it's stuck.

stuckness

I was on 2020-09-23 09:24:40

I haven't had that feeling of being unable to release something in a long time, I don't even understand this anymore. What does it usually feel like to be stuck?

Wind 2020-09-23 09:25:37

紧抓感
感受像黏在上面一样不离开 或者下意识想要
逃开，不敢碰

These are all stuck.

We tend to do something else when we feel stuck, and then release the feeling once we feel less stuck.

put

I realized this was wrong.

As Lester said, this will repress it into your subconscious and let it keep

working in your head.

Wind 2020-09-23 09:31:01

Lester: Talk to the facilitator at the workshop, not me who took you there. Or you keep releasing the feeling of being stuck, and you see that when you don't release the feeling of being stuck, you let it continue to function, which causes you to remain stuck. You can see...

Is it that simple? If you do it, it's really simple.

I have gained a deeper
understanding of this passage .
2020-09-23 09:33:22

@Wind ? Because I didn't define the feeling of being stuck. That is, what feelings or desires arise when I release them? I release those feelings or desires. Even if I have the feeling of being stuck, I don't know it's a stuck feeling; I just treat it as a normal phenomenon and release it. So I don't understand this concept either. [Laughing]

> 风 2020-09-23 09:33:57
> 之所以有这个问题，是因为很多人在这里停滞不前
> stuck，卡住，停滞不前
> 凡是让你停下来的感受就是卡住的感受
> 而不是有一个特别的感受叫“卡”这
> 一点蛮重要

I was on 2020-09-23 09:34:23

One step in the six steps to freedom asks what to do when you get stuck? You need to release the desire to change what's stuck , and then you can continue to release.

Wind 2020-09-23 09:34:49

Yes, the six steps to freedom specifically mention this.

If that's the case, then I've experienced it quite a few times, with various reasons that made me want to stop , and I did release those feelings without overthinking them.

Another issue is that when directly confronting
the ultimate fear of death, most people get
stuck there.
Including those that are invisible or blurry.
vague feeling
Because you want to escape (run away) , a layer of vague sensation
is created on top of it— this is the feeling of being stuck.
To release the desire to change it, to release
this feeling of being stuck, you will be able to
see what lies beneath again.
For example, not being able to feel anything specific
about a particular topic is also a kind of "stuck"
situation. For instance, someone might say, "I know I want
to control something, but I can't feel it."
I'm stuck
there. 2020-09-23 09:39:52

This should allow for the flexible
use of various techniques to stimulate the wind.

2020-09-23 09:40:08

This is elementary way

Primary school method

Lester's approach to graduate studies is about releasing the desire to

也就是说，你是不是觉得这个感受太过模糊不清？你是不是想要
改变它？
释放想要改变它
这个模糊不清的感受就立刻清晰了

change the feeling of being stuck.

I was on 2020-09-23 09:41:20

If you have the desire to change what's holding you back, then releasing that desire is the best approach . But what if you don't?

Wind 2020-09-23 09:41:44

This won't happen.

Because when you want to

experience the fear of death but

you can't...

Because you want to do it but you can't.

If you look closely, there's something there that wants to control. Release the stuck feeling: See how much you want to change those things —— like I told you. Simply release the stuck feeling, or even the vague feeling——you might not even be able to see it because you're trying to escape it, or at least want to change this vague feeling —— whatever it is. Once it's gone, you'll have the ability to re-enter the fear of death.

That's what Lester Levenson (The Sedona Method) said.

Lester specifically mentioned the subtle sensations.

He

specifically

mentioned the

vague feeling,

the unclear or

indistinct

sensation.

When your feelings are unclear, you want to change them.

The method I'm describing is advanced; it's a very

in-depth approach, as Lester explained. Because

when feelings are vague, you want to make them

clearer; this "wanting" is the desire to change.

Once you become aware of

it, you can release it.

After releasing it, you

will become clear-headed.

Then you can see the fear of

death again , which I've

experienced many times.

It is indeed a post graduated way

More than using scenarios to evoke feelings in elementary The method is much simpler and more efficient.

I was on 2020-09-23 09:41:37

For example, right now, let's

experience the fear of death and try

it out on the spot.

Wow, I felt the fear of death!

[facepalm] It really worked!

[Facepalm] When I released the desire to change, the state of not feeling the fear of death, I discovered that this desire truly existed—the desire to change this state of not feeling anything. It seemed like this desire for change was attached to everything. But after releasing this desire, I truly felt the fear of death. [Facepalm]

The reason you couldn't feel it before was because there were things like a desire for change or something else attached to it, disrupting your perception. Once you release these things, you can feel it again.

However, if you don't pay attention to it normally, this desire to change something you can't feel can have a profound impact, even if it's very shallow and seems to have no effect.

I had never thought about it this way before. I just thought that if I became aware of it, I would release it. But if I wasn't even aware of this, how could I release it?

I found that *The Book of Abundance* provides too little explanation of the six steps to freedom. These crucial aspects are not addressed, or even if they are mentioned, their specific usage or importance is not explained, leading to a subconscious tendency to overlook them.

If it leads to a persistent freeze, the consequences will be severe.

Wind 2020-09-23 09:47:38

Yes
That's what I meant.
vague Feeling covered it up
This is a method that "The Way"
repeatedly explained, and it's also the
meaning of what I shared this morning.

Lester: Talk to the facilitator at the workshop, not me taking you there. Or you keep releasing the feeling of being stuck, and see that when you don't release the feeling of being stuck, you let it continue to work, which causes you to remain stuck. Can you see how simple that is? If you do it, it's really simple.

in the article is very
practical and is an
interpretation of the six
steps.
I listened to it many times.
I suggest you review this frequently and follow along with the steps. You'll gain many insights that support your progress—those are advanced methods.

When you can't feel
emotions, you especially
want to feel them.
This is what we want to change.
Once you realize this and
release it, you'll very quickly
hope it will help.
I then released it.
These things require continuous
experience to deepen understanding
; cards are my old enemy.
[Laughing]
When a feeling you don't want to face is about to surface, it will get stuck, as Lester often says in his audio recordings.

When you listen to audio frequently, your focus will be different.

Larry did say
something , but he
added something
that actually made
things more
confusing.
After adding it, people can no longer
access the simplest instructions . 2020-09-23 10:10:18
@Wind ? Yes, adding it will ignore the original content.

Wind 2020-09-23 10:12:28
I'll translate "the" today. right path
That article is over forty minutes long.

I'll translate it in two parts.

Lester's original teachings
were powerful, concise, and
to the point.
It will absolutely not make things more complicated or confusing for you.

Let happiness be like breathing 2020-09-23 10:15:05
There are still some pitfalls, which he repeatedly emphasized in "The Road to Ultimate Freedom".
He doesn't provide a step-by-step explanation; the details are hidden within his words, requiring you to extract and uncover the essence yourself . 2020-09-23 10:16:11
That was early audio.
The later audio explained it in an organized way.
After watching the later audio clips,
the earlier ones become much clearer.
I've repeatedly clarified this point
with many friends in China.
Because many friends in China believe that Lester has not presented a systematic approach.
Therefore, he distrusted the Liberation Method and instead tried to apply it by finding snippets of information in "The Ultimate Path to Freedom." In reality, the Liberation Method course was created by Lester himself.
Moreover, it has formed a powerful system.
The more I listened to those audio materials, the more convinced I became of the simplicity, completeness, and immutability of the liberation system.

Wind 2020-09-23 10:24:32
Group owner, have you ever joined a QQ group called "Eastern Affairs"?
If that's you, I think I saw you there two or three years ago . 2020-09-23 10:26:19
I was kicked out of that "Eastern Affairs" group because of something I said. (Wind) 2020-09-23 10:26:33
I remember you were there lecturing on the Tao Te Ching back then . 2020-09-23 10:27:51
Are you still in that Eastern group? (Wind) 2020-09-23 10:28:17
I 'm long

gone . 2020-09-23
10:28:37
[Laughing] That really is fate!
If I had shared the release method in the group back
then, you probably would have added me . 2020-09-23 10:29:02
Because the profile picture and name are the same.
So I wondered if it was
the same person . 2020-09-23 10:29:24
How do you remember so
clearly? [Laughing] Wind 2020-09-23
10:29:30
I have a pretty
good memory [laughing emoji]
2020-09-23 10:30:12
It's amazing how many unexpected encounters there are in life!

Wind 2020-09-23 10:31:18

At that time, the group leader debated with the group of scholars.
When you used spiritual theories
to explain the Tao Te Ching , I
thought you must be a spiritual
practitioner.

I was on 2020-09-23 10:34:28

[Laughing] Back then, I was quite fascinated by the Tao Te Ching.

Wind 2020-09-23 10:35:58

I once thought
Because I've seen many paid release
techniques courses that don't teach
the orthodox methods.
Therefore, I want to uphold the spirit
of Lester Levenson (The Sedona Method
)'s early days of free sharing and
establish a release law center.
So I have been releasing this goal all along.
We can set up a free teaching center later, just like Lester Levenson (The Sedona Method) did at the beginning.
Although Lester did mention in the audio that he initially offered it for free, few people received help, and then he started charging...

It will be helpful after that.

He explained that in this highly
capitalist society, everyone is taught
that money is the only thing of value;
I've heard that audio.
But I don't think Lester Levenson (The
Sedona Method) meant that a fee was
mandatory.
The key issue is, if you're going to rely on charging for "teaching others how to release," how can you expect people to believe it?

Believe that you can teach people to be abundant.

We can emulate the Goenka model.
Goenka Vipassana does not
accept external donations
and is free of charge.
Food and lodging are free during the Vipassana period.
It's amazing that this business
has been able to operate for so
long by only accepting donations

from students who have taken the
course.
Because the students benefited.
I think we can learn
from this model , and
they have legal
experts.
It is what is called volunteer.
Anyone who wants to help others and has
the time can apply to be a volunteer so
that this service can be operated.
It is also good to operate
solely on the desire to
serve others.
My wish is not to
make money, but
to better help
others.
operate in the current global capitalism way , from
teachers to students.
To staff
don't operate within this capitalist
frequency; they teach for free.

Students learn for free
The staff work for free out of a
desire to serve, creating an
atmosphere of mutual assistance.

Wind 2020-09-23 11:43:31

I just had a small realization: If you don't release the tendencies you use to escape (such as subconsciously maintaining control by looking at your phone or seeking approval by talking to others), then you will escape, burying the deeper things you want to escape underneath.

And this can be resolved with a single decision.
a decision
Decide to release this tendency
Often, due to inertia, we tend not to resolve
problems through release, but rather choose to
suppress them ; our first reaction upon discovering a
problem is to cover it up.
For example, my computer
just had a problem and I
couldn't open the files.
My first reaction was to suppress the urge to
control it and focus on figuring out the
problem rather than releasing the urge that had
already surfaced.
I consciously corrected it.

Yitian 2020-09-23 11:56:06

@I am Infinite? There should be quite a few people in the group who understand English. We can work together to transcribe all of Lester Levenson (The Sedona Method)'s audio.

The most valuable materials are still
Lester's own video and audio recordings. 2020-09-23
11:59:22

In addition to understanding English, one
should also be able to understand what Lester
is saying; ideally, this would allow them to
help translate documents.

I:
Yes, this is very important. Like that group member who translated in his way, the kind who would occasionally improvise.

wind:

That translation method is similar to the Geyi (格义) method used when Buddhism was first introduced to China.

The so-called "Geyi" refers to using the principles of Confucian and Taoist classics to examine Buddhist scriptures. Later, the monk Xuanzang deeply abhorred this approach.

I find it very misleading

I specifically retranslated many words again.

There are too many people in the spiritual community who add their own interpretations, so I generally don't argue with them; they say what they want, and I say what I want.

Once you've finished speaking, the audience will naturally be able to discern the truth.

A few days ago, while I was translating, a thought flashed through my mind: what if someone took my translation and went abroad?

What if I started charging for it? That wasn't my intention. Two years ago, I discovered that someone was selling my translated and shared materials for money. But after some thought, I decided to continue doing it, because it's good if even more people can see it.

As for others using it to charge fees, or altering and misleading others, that's unavoidable in this era. Everyone has their own karma, and I don't need to control it.

I was on 2020-09-23 12:18:35

I just suddenly realized why I was able to successfully release it every time I forced it before—it's because of the effect of the first step of the Six Steps of Freedom. I didn't try to release it to lock in the timing; I just forced it out [laughing emoji] . 2020-09-23 12:21:14

But releasing the one who wants to change Card ² might be more thorough.

Because sometimes people are unaware of their own desire for change. It operates behind the scenes, and by the time it's noticed, it's already on the surface.

September 23, 2020 : Explanation of the learning order of the original release method, the drawbacks of the stimulation method, and...

Detailed explanation of how to release the feeling of being stuck

Akane 2020-09-23 12:49:40

Feeling nauseous,
releasing pent-up emotions.
(2020-09-23 12:51:32)

Don't make
a fuss
over
things
that
happen
often .
Relax, it's normal to feel
nauseous during release. (Qian , 2020-09-23 13:14:37)

Thoughts are
driven by desires, right?
(2020-09-23 13:15:02)

Thoughts are driven by emotions,
and emotions are driven by desires.

What are feelings? Survival .
Programs are all survival programs.
These processes drive
the generation of ideas,
which manifest in the
world.

wind 2020-09-23 13:18:24
(Image omitted) This person
is Larry's student. The
release method he taught
was also modified by
himself. He kept asking,
"Could you say yes to it?
"
It should also have a
release effect, but
this method is a
modified version and
easily leads to
confusion.
Questions are a reminder, a process.
To avoid confusion, we will proceed through a process.

---

[2] Double stuck

Experience of liberation
Then gradually get used to the experience of release.
allow it up and go
Yes, just like riding a bicycle.
Once you've mastered
balance, riding is just
a matter of paying
attention to the
release technique
course.

"The entire course is presented in an experiential rather than intellectual way, so when you sit in this classroom or at home watching the tapes, please try to feel as much as possible, rather than think. Focus here (the instructor places their hands on their chest and abdomen) when I ask you, 'What are you feeling right now?' See if you can focus on feeling this part of your body. Of course, if you don't feel anything in this part, don't worry. The whole course is designed to help you connect more clearly with your emotions and learn how to let them go."

"If someone gives you a book that tells you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential thing. Just like when you ride a bicycle: you learn how to ride, then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just riding it. The same thing happens when you use this technique. The more you do it, the more you grasp the essentials, and the more natural it becomes. You just get on the bicycle and keep riding. So what's going to happen is that even if you have to think about it a little at first and manipulate yourself a bit, as you keep doing it, you'll find it gets easier and easier."

These are all things covered in the
1992 Liberation Method course. The

Liberation Method only has two
things.
How to be in touch with your feelings (wants)
and let it go
It teaches you to connect with
your emotions (then desires) and
then let them go.

"The more you practice this technique, the more you'll gain. You won't always feel release immediately. Sometimes you might be practicing the technique, knowing something is happening, but you're not sure what it is. In fact, about a year ago, there was a student who attended the course and practiced for a long time, but when the course ended, the last thing she shared in class was: 'I still haven't successfully released even once. But I hadn't slept well for twenty years, and after the first day of the course, I slept well.' Then she gradually gained other benefits and received all the benefits of the course. So if..."

You may not be sure if you are releasing, just keep doing it. Because you might not be aware of each release, but as you continue to practice this technique, it will become easier and easier until you are certain you are releasing.

wind 2020-09-23 14:07:06

"Furthermore, the release is achieved through a series of questions that may not seem particularly special at first. But as you continue to follow along, you'll see that these questions evoke a lot of feelings as I ask them and as you practice. These questions are designed to give you a release experience; they don't need to be understood at the beginning, and in fact, you won't understand them at first. But as you're willing to keep practicing using these questions, you'll find that you use them more and more easily to release."

Let's review the first lesson together.

接触到感受，然后有意识让它离开
释放法的具体方法里，不推荐用念头去追溯因为它可能让你
在脑中想象
好处/坏处练习是有的
但是莱斯特称之为elementary way
释放的小学方式
你喜欢这个，你不喜欢那个

ZOEY 2020-09-23 14:15:47

Oh, you mean the beginner's version? Is it an auxiliary release method, or is it simply about letting emotions (desires) surface and then letting them go?

wind 2020-09-23 14:16:09

It's to help you
become aware of your
emotions because most
people are too used to
suppressing them.
So they designed some processes to help you
evoke repressed emotions, which include:
Advantages
,
disadvanta
ges,
goals,
processes,
etc.
Anyway, both Lester and the release method course have said that

releasing the desire to control and the desire to be recognized releases all the emotions on the emotion chart.

The As mentioned later, "By releasing something, you become free."
only one The
theory of the fear
of dying is
actually quite
simple: it's about
wanting to
survive.
Lester said he wanted to survive, or rather, he was afraid of death.

Zhao Jiaman 2020-09-23 14:23:50

@wind?the fear of Is dying the same as the desire to survive, or are they related? (Feng, 2020-09-23 14:26:14)

Lester: What was it last time? Okay , the first thing we suppressed was the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I am safe and alive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the " fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released...

Having enough desire for recognition and control, one can launch a direct attack on the fear of death.

See that article way 1
It has everything

I 2020-09-23 14:25:08
What is the graduate program method that Lester Levenson (The Sedona Method) mentioned? (2020-09-23 14:27:07)

Lester: OK, this is one way to guide someone to release. You release to the wall, do you like this color? Do you not like this color? So you're telling me that she used a process and then it worked.

Lester: No, you're confusing me now. So now you're going down, down to the elementary school level of release. I'm trying to keep you at the graduate level. I'm taking you out of middle school, high school, college, and then putting you at the graduate level. Release the feeling of being stuck, see how much you want to change those things—like I told you. Just releasing the feeling of being stuck, or even the vague feeling, you might not even be able to see it because you're trying to escape it, or at least want to change it.

A vague feeling—whatever it may be. Once it's gone, you're able to re-enter the fear of death.

only release the stuckness

Let me explain what this means.

比如说，你找不到情绪，就是卡在那里了卡在那里的时候
，你会想要去激发
就是说，你认为当下这个情绪不是情绪你想要改变这个
感受
所以才想要激发
但是莱斯特的意思是，只是释放卡在那里的感受持续释放
因为激发等于是绕开了
等于你绕开了此刻拦在你面前的那个感受

watch "way" several more
times. (2020-09-23 14:29:26)

The release speed will be off the charts.

This is not mentioned in any of the books.

It's like I just understood what you meant; I didn't understand it at all this morning.

wind 2020-09-23 14:30:14

I didn't understand it
on the first try
either; it involved
continuous practice
and listening.
The "continuous release" in the
six steps means, literally, not
stopping.
the right The path states that "there is no
stop in the six steps," which is Lester's
exact words.

他里面那个 vague feeling 对我启发很大就是你如果感
受到模糊不清的感受
不要试图让它变得清晰
而是要看到你想要改变这个模糊不清的感受然后释放想要改
变
这个窍门对我帮助很大
仅仅释放卡住的感受，或者甚至是模糊不清的感受，你可能甚至无法看到它，
因为你试图逃避它，或者至少想要改变这个模糊不清的感受——不管它是什么。
他这句的语气加重了 only
only release the stuck feeling or even the
vague feeling

leaping flames 2020-09-23 14:32:24

@Wind ? Are you saying
target release is bad? Wind
2020-09-23 14:32:47

no
That's just how you get started.
That's a process that helps you access your subconscious emotions.

I 2020-09-23 14:41:04

In other words, continuously releasing the blockage means only releasing the emotions and basic desires within your heart in the present moment, and then bringing out the underlying fears. It means not thinking about anything or anything in the present moment, but simply being aware of what you feel in this moment, and then releasing the desire to change, and then going deeper.

That is, purely heading straight for the fear
of death, ignoring everything else. (2020-09-23 14:41:20)

Um

You see, this is how it works in six steps.

The six steps are a complete summary of the release method.

Group members 2020-09-23 14:41:44

Is it releasing the stuck feeling, the vague feeling, or releasing the desire to change that feeling? (Wind, 2020-09-23 14:41:58)

Unleash the desire to change

Then release the desire behind that stuck feeling.
Keep releasing the desires that are stuck there until
the deepest "fear of death" surfaces, and then you can
directly confront the "fear of death".
Is "The Way" an
advanced course?
People who come
here are all
pursuing freedom.

I 2020-09-23 14:44:48
Is this for real? Is it really possible? [Facepalm][Facepalm][Facepalm]
In the Chinese materials I've seen, at least, this is
absolutely impossible; it's truly unheard of.
I used to think, "If only I could
directly experience the fear of death!"
Turns out, there really is such a
method.
In other words, there's no need to struggle with the situation or even with your thoughts anymore; you can directly release the desire to change the bottleneck and go straight for the fear of death.

wind 2020-09-23 14:46:01
When I first listened to
the audio, I was quite
shocked; it clarified many
misunderstandings.
Once the fear of
death arises, focus
on releasing it.
Lester said, "You'll be free in one or two weeks."
The preceding time was spent clearing away the roadblocks covering your fear of death (the desire for recognition and the desire to...).
control)

I 2020-09-23 14:48:43
In fact, at least in theory, it makes perfect sense. Emotions, feelings, and desires are constantly at work, even if we are unaware of them. If there were a way to release these emotions, desires, and fears directly into the subconscious, without having to try to project them out through various means, wouldn't that solve the problem?

wind 2020-09-23 14:49:01

This is what I'm sharing.
Most people probably
can't understand this,
because I didn't
understand it when I
first started; it took me
a long time to grasp it.

ZOEY 2020-09-23 14:49:55

I unintentionally released this feeling just now, and I'm a little unsure what it is. It's just stuck there, so I released this feeling of "wanting to figure it out," which is why I was stuck. Then, naturally, the desire to "control" surfaced, and the release accelerated.

wind 2020-09-23 14:50:10

Yes, that's how it's done.

I 2020-09-23 14:50:30

It's only when these fears and desires are projected onto something and cause conflict and reaction that we become aware of them. Now, we don't need to go through these things; we can just go straight in.

wind 2020-09-23 14:50:31

Later on, you won't need to specifically seek out emotional release; the surface layer that's blocking it won't be there at all.
The fastest way is to release them one by one as they arrive.

I 2020-09-23 14:51:18

If this method really works, for a seasoned player like me, the speed will skyrocket. Enough said, I'm going to try it out! [laughing emojis]

I discovered that my method was the same activation method that Lester himself had used to awaken; I never expected that he had improved upon it.

[Facepalm][Facepalm][Facepalm]

wind 2020-09-23 14:51:36

Yes, it will be very in-depth.
That's how I released myself that time I locked myself in the door.
If you keep releasing it, the fear of death will naturally surface, giving you a chance to release it.

What was it last time? Okay, the first thing we suppressed was the desire to live as a body, which arose as "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it.

When you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling, then release the desire to change that vague feeling. Once you release it, you can attack that feeling of fear of death again. Initially, a small release of it will allow you to move to a state where you can recognize and realize that "the fear of death is merely a feeling," whereas you are currently equating it with actual death, which is why you are not allowing it to come out. If you don't equate the fear of death with death itself, you can let it out, and you can be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it is one of our most repressed feelings. You have done an extremely beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time , I usually avoid it because most people don't release it smoothly; they get stuck on it. But I think you are ready, and if you are as determined as you say, you will allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's it.

That's how it happens. You no longer keep it underneath; you allow it to surface and leave. Because it's also constantly...
Every repressed feeling tries to push itself up and out. So when you do it, it's very easy ; they rise and fall like waves until the waves stop, and then you're done.

Come on,
let's
review this
.
Take a close look at this
passage; the old man has made it
very clear that the release
method course is to teach you how
to release.
So this is how it's designed.
Advanced courses are for graduates.
So the premise is that they will all
release their emotions and apply them in
their lives, and then give them some
direct guidance to freedom.

I 2020-09-23 15:00:29

Yes, if he doesn't clearly explain the difference between the two, it will be completely misunderstood. People will think that the advanced course is just an upgrade of the basic course, but in fact, the method has changed.

wind 2020-09-23 15:04:55

I also went to release some tension.
I reviewed it again, which
inspired me to take on the
challenge [laughs]. For
beginners, I'll leave the
advanced courses for now.
Once you're familiar with the
release process, you'll gain
a lot from watching it. Start
by learning how to release
through the process.

Nothing 2020-09-23 15:33:11

Focusing solely on feelings suggests that this behavior stems from emotional engagement.

(Wind, 2020-09-23 15:33:29)
Do you ever feel emotional?
Nothing 2020-09-23 15:35:04
have
It's
possible we won't see the
wind. (2020-09-23
15:35:19)
Not seeing emotions
doesn't mean there
are no emotions; it
just means the
emotions are vague
or unclear.
You can't identify
what it is, but you
feel "nothing".
There's a sense of "not feeling," or
"vagueness," that's present, and it's
always accompanied by a desire for
change.

I 2020-09-23 15:44:19

Anyway, when I tried to release that vague or indifferent feeling, it did evoke a little bit of sensation in me. [Facepalm]

wind 2020-09-23 15:45:01

其实，这个想要改变就是你自己紧紧把那些情绪压在下面被压抑的情绪本身是想离开的
让你放下这个最上面的“想要改变”下面的就会自然冒出来
你释放，它就会源源不断冒出来像波浪一样

wind 2020-09-23 16:22:08

Another point is, how do you understand the idea of "getting everything you want through liberation"?

The meaning of that sentence is different from what most people say .

(2020-09-23 16:25:54)

It probably means exactly what it says. [facepalm]

Lester shared that he always gets hot water from his baths by releasing it.

wind 2020-09-23 16:26:06

Yes, it means exactly what it says.

Because I forgot whether he said it in the third or fourth part, but he explained...

This guidance will keep you free because you've been living in a cycle of wanting, wanting this, wanting that.

What he meant was that you should obtain whatever you want, regardless of size, through release.

This is a very radical approach that doesn't require action.

You lack the awareness to take action.

It fell in front of you, onto your lap.

In other words, if you want to raise your arm, it will float up after you release it.

no energy is I have a
lot of experience .
These are all
individual
experiences.
One thing after another

Group members: 2020-09-23 16:39:34
Money, for
example, exists too. (
2020-09-23 16:39:39)
some
While in Australia, I
encountered financial problems
and couldn't pay my rent.

Then I locked myself in my room for a week to unwind.
As a result, someone paid for me,
and someone transferred money to my
account; everything was resolved
smoothly.
However, before leaving, I had already let go
of all thoughts about this matter and hadn't
even considered it.

Ju Ting 2020-09-23 16:42:24
@Wind? You really do release various feelings first, and then connect to desire, right? Wind 2020-09-23 16:42:42
I used the method from
Lesson 5 to become aware of
my feelings and desires.
Then let it go.

It doesn't need to be repaid.
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After the bank called to inquire, they confirmed that there was nomistake, but did not explain

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I'll stop worrying about it.
I release any negative feelings I have.
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Materialization and antimaterialization

In the video, he mentioned that this was because you went to Astral world

Starlight Realm

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Directly manifested substances

And he told one of the students , Michael , "You stopped. If you had continued, you would have entered..."

When you release your sense of self, no effort is needed; things fall into your experience. When you do enough, you'll learn how to create instantaneously, which means materializing and antimaterializing things. In this process, you'll learn to manifest matter, even gold. Of course, once you master the formula for making gold, you won't want to carry it around; it's too heavy. Your only thoughts will be what you want and what you need; you create them to use, not to hoard. Hoarding

embodies uncertainty.

This reflects the feeling of "I can't have it," and because it's unattainable, it's best to plan for the future. People who can achieve this level of materialism...

They never carry things on their backs; if they want something,
they materialize it. (The original quote is here.)
the way 1
Now create what you
need, because you're no
longer in a state of
ownership.
No need to store materials

So far, all my experience in acquiring money
has come from my own efforts; of course,
I've never had a strong need for money.
This has not been specifically addressed.
I deal mostly with
relationships; I
travel everywhere
without spending any
money.
I was warmly received by friends everywhere I went.
Therefore, I believe it is also possible for the world to function through love.
It doesn't necessarily have to be in the
capitalist form that most people are in. (Xia Shan,
2020-09-23 17:15:23)

I'd like to ask if the size of a target is
measured by its value? (2020-09-23 17:17:45)

According to your ideal size
What you perceive as
distant, those are big goals
that require more release.
What you consider to be
within reach, small goals
that you can achieve with a
little effort, are things you
think are easily attainable.

Xia Shan 2020-09-23 17:20:30

For example, if I feel a lack of love and want a million dollars, I might think that receiving love is a more distant goal. That's probably how it is.

Okay?

wind 2020-09-23 17:20:52

Yes
It depends on you
The size of the target is only what you perceive it to be.

wind 2020-09-23 17:26:58

However, a friend of mine once wanted to use the
"release method" to trade stocks, and I did
dissuade him, saying that the release method
doesn't require stock trading.

Let me share my experience.
My experience is that when you let go of the
feeling of scarcity, money doesn't actually
tempt me, and I don't feel like I lack money.
I don't feel like I need to
have a lot of money. Several
friends have tried to get me
to start a business, but I
haven't gone.
Because I enjoy my current freelance lifestyle.

I 2020-09-23 17:40:44
@Wind? Which city
are you in ? Wind 2020-09-23
17:42:14
My home is in Suzhou,
but I travel all over
the place.
I now have
friends all
over Wuhan.
They keep urging me
to go visit them; I
traveled for a
whole year last
year.
I only spent the train fare!
[Laughing]
So I don't actually have a
strong attachment to money and
don't feel that money is
indispensable.
This belief is weak.
I think things work
better when done with
love. Now I only take on
jobs that I enjoy.
Some odd
jobs in IT
and some
translation
work.
I studied
finance in
college, but I
don't want to
work in
finance.
This industry is
all about money,
money, money,
it's meaningless.

Huixuan 2020-09-23 17:47:29

@Wind? You're completely living in your true self mode. Wind 2020-09-23 17:47:40

No, it's not that exaggerated [facepalm]. Of course, there are still some other issues.

But I really don't want to be tied down to making money. My goal is to break free from money; freedom isn't about how much money you have.

Breaking free from the state of "savings"

This state equates the amount of "possession" with happiness.

Xia Shan 2020-09-23 18:00:52

@IamInfinite ? Learning to unleash power while breastfeeding a baby [clasped hands]

wind 2020-09-23 18:04:39

Getting married and having children can definitely be quite troublesome [laughing emoji]

Sister YUYU 2020-09-23 18:06:02

You two aren't married yet? You're so young! (Wind , 2020-09-23 18:06:27)

I graduated from university a year ago.

I started reading religious,
meditation, and philosophical books
obsessively in junior high school... I
tried all sorts of meditation methods
back then.
After learning the release method, I will focus on practicing the release method.

In my life's journey, I've never been defined as a "successful person" in the conventional sense. Because nowadays, it seems most people define a successful person as a businessman.

As a child, I
wanted to be a
knight-errant;
now I want to be
a wanderer.

Sister YUYU 2020-09-23 18:28:07

@Wind ? Is your profile picture yourself? It looks very chivalrous.

wind 2020-09-23 18:28:18

My
girlfriend
passed
away.
Congenital heart disease
So I've always kept it there.

I used to study more traditional or
orthodox things, but now I study
Buddhism specifically by reading the
Pali Canon.
Therefore, I generally look down on things
like spirituality and despise them. So, I
only glanced at books like "A Course in
Miracles."
Then he said, "What is all this nonsense?"
The Liberation Method is effective in practice, its teachings are

concise and powerful, and it's very different from other spiritual concepts that are a jumbled mess. So when I used it, I found it really useful.
The deeper I delved, the
more I realized this was
the most direct and best
approach—this is it!
He then began to specialize in the practice of release techniques.

On September 25, 2020, Feng explained some issues related to release techniques, the importance of keeping release methods simple and original, and some modified and added versions of original release methods available on the market.

The phenomenon

Wood 2020-09-24 00:17:53

If you are currently single
Would you choose to date and get married?

Or continue to
release the wind of enlightenment
2020-09-24 00:18:16
I don't know how to date or get married.

I was on 2020-09-24 21:55:54
I suddenly became aware of the fear of death, and immediately let down my guard, allowing the fear to draw closer and intensify. This fear of death manifested as an evil spirit, seemingly drawing ever closer. I desperately resisted the urge to defend myself, to distract myself, simply enduring it, until the threat of death manifested as a voice near my neck, saying, "Do you dare let me devour you?" Instantly, the fear of death reached its peak, and I could no longer hold on. My entire being was screaming, "No!" and my consciousness shut it off, blocking it out. Then, with lingering fear, I wondered why I hadn't had any support in the face of the fear of death, why I was completely overwhelmed, unable to hold on for even a second. I tried to release the desire to change this situation, but it did n't seem to make any breakthrough. Suddenly, I remembered Lester's words and it dawned on me. When the fear of death was about to emerge, I subconsciously treated it as real death, and that's why I desperately tried to prevent it from appearing, afraid to let it out. In other words, although I didn't do anything, I actually did something, because my subconscious was identifying the fear of death as equivalent to death. Realizing this , I felt like I regained my strength. Then I thought about it, should I call it out again? I immediately decided against it, maybe next time. I'm too exhausted this time, both physically and mentally, I can't take it anymore [facepalm]

Wind 2020-09-24 21:57:02
[Laughing][Strong] This is really unbearable.
Every time the fear of death
arises, I retreat and can only
try again and again.
Lester Levenson (The
Sedona Method)'s
repeated attempts
were too driven by
inertia.
A person who has had a strong tendency to resist since birth.

Lester: Yes, after releasing the desire for recognition and control, the workshop facilitator, Hale, will have you look at the underlying fear of death. The reason

you want recognition and control is so you can survive, so the facilitator will guide you to go further and deeper. Now, if they're blocked, you need to let them release that blocked feeling. Once they release it, they can face the "fear of death" again. If they're blocked , it's just trying to escape that fear of death, equating that feeling with death. You need to constantly remind them that it's just a feeling. The fear of death is just a feeling. The feeling won't bite you, shoot you, or hit your head. It's just another feeling, but the tendency to avoid it is very strong, very persistent, so now you need to try to make it surface, to let it go. Once you start making it surface and go, you'll find that each time the feeling comes out, you don't die; you're still alive, so you can watch it again and again.

it.

> Lester instructed the instructor to continuously remind the trainee that it was just a feeling, and once it was successfully released, it could continue.

Those extreme sports are probably
about people seeking that feeling of
being both afraid of death and wanting
to die.
This is really unnecessary.
The fear of death resides in your subconscious; there's no need to confront it through actual risk.

I was on 2020-09-24 22:39:19

It seems that people who successfully escape a car accident often have a feeling of having survived a near-death experience; this feeling is very...

Always in the present moment

It's as if everything is different.
However, it will return to normal after a few months.

Wind 2020-09-24 22:40:06

People who have
recovered from
serious illnesses
also experience a
period of time where
they feel incredibly
good, like they've
been reborn.

I am using another guideline
Today I'm trying to correct
the way I behave so that I can
do everything through release.
In practice, it turns out to be
quite difficult, mainly due to
the inertia of movement.
Subconsciously, one will act in the old ways.

Ruilan 2020-09-25 10:26:49

When releasing desires or emotions, should we stay in that state for a while longer before asking three questions? Two experienced teachers, please help answer this.

Wind 2020-09-25 10:27:26

identify it
认出它来
因为情绪是比较混杂的，这会阻碍你释放所以你用表格去
把它分类
看看它是什么情绪分类，是冷漠，悲苦，恐惧，贪求，愤怒，还是自尊自
傲……

Chen Yuling 2020-09-25 10:41:14

@Wind ? First, try to feel the emotions. If there are many, then look at the form, and only then should you follow the process . 2020-09-25

表格有很多种用法

- 如果你觉察不到情绪，可以看表格辅助这是课程里面提到的一种用法
- 或者你感觉有好几种，你不能确定那么就先释放表面那个
- 如果你感到你的感觉特别模糊不清

那么这个感受就是“模糊不清”，直接上溯到 apathy

To release your desires, examine what you want right now: control or validation? Once you become aware of your desires, release happens almost instantly.

Chen Yuling 2020-09-25 10:45:00

@Wind ? I can sense my "desire," but I can't release it [facepalm]

Wind 2020-09-25 10:45:16

You are not
yet familiar
with releasing
step by step.
Learn to release first
Then learn to release deeply.
The best approach is to relax
as much as possible by
following the instructions in
the process.
Go experience the process
Feel your feelings. Recognize your feelings. Repeat the three questions. Chen Yuling 2020-09-25 10:52:40

Actually, I didn't do well on the first two questions, and my answers to the last three questions lacked power; they were just mental responses.

Wind 2020-09-25 10:53:30

Ignore all
that and
just follow
the
procedures,

it’s like
riding a
bicycle.
No one masters balance on their first try.

Ju Ting 2020-09-25 11:16:22
@Wind ? Do you think it’s better to use the first person or the third person for these three questions ? 2020-09-25 11:17:05
Either is fine. In fact, depending on the English context, I would even omit the pronoun and ask if it can be let go.
Willing
or not
when
This is not the point.
Because of the English word ″ could″ you

It's just a common usage.
The best translation for
"faithful, expressive, and
elegant" could be "Can we
disregard the subject?"
For example, the instructor asked "just" later. could you
It's just a matter of whether or not.
The emphasis is not on " you ," but on " could ."

Yi Ming:
I personally feel that it's better to ask the question this way, for your reference:
1. What feelings am I experiencing
right now? (Awareness) 2. Am I
allowing these feelings to arise?
(Observation)
Third, can I ignore it, let go of my attachment to this feeling,
and let it take its natural course? (Detachment) Fourth, am I
willing to let go of my attachment to this feeling? (Willpower)
Fifth, I've decided when to let go of my attachment to this feeling and let it take its natural course. (Composure)

wind:
I still recommend not making any
changes to the process because
the release method itself has an
emphasis.
It means you don't need to try to understand the problem.

Observation, detachment, aspiration,
concentration—these are Buddhist terms used in
this discussion. Lester explains it very simply.
let it up , let it go
It's about making it surface (rise to the surface), and then making it leave.
up and go
As a form of catharsis, it's best to keep it simple.
In my experience, adding your own understanding and modifications to a method can actually weaken its power. I used to do this when I first learned the release technique.
Because I've read too many other theories
Later I realized that the best way to release understanding was to leave it untouched, without deletions or modifications, and without

adding one's own interpretations. If one absolutely needs
theoretical support for understanding, then use Lester's own words.
Remove all external elements that interfere with its purity of expression.
The process you just went through has
actually changed the meaning of the release
method; this understanding has been
incorporated into your own mind.
There are also words like willpower and willpower.
When Lester talked about the release law, he even mentioned will Power is no longer needed.

I respect personal experience.
I may have many great
personal experiences , but
I don't want to mix
methods.
So it might be good
to analyze your
intentions in the
group.
But you are indeed creating your own methods.

However, the release method does not require interpretation by modifying the question.

If everyone did this, the original methods would not be preserved.

My intention in translating these materials is to allow newcomers to directly access the Liberation Method, without any personal interpretation . Not only should I avoid personal interpretations, but I also want to avoid any influence from the later interpretations of individuals like Hale and Larry who established their own practices. Of course, I know that for many people's karma, modifying the method is inevitable. So I'm simply trying my best to clarify things.

The liberation method course founded by Lester is not enlightenment, not revelation, and does not need to be a complete map with other teachings. Mixed together

ZOEY 2020-09-25 13:15:40

@Feng I would like to ask Teacher Feng a question. Yesterday I experienced feelings of inferiority. I checked my emotions against an emotion chart and the closest one I saw was "I am not good enough". I am not sure if this is the correct answer.

Wind 2020-09-25 13:16:04

If you feel it's right, then it's fine. Try not to analyze the feeling, don't think.

ZOEY 2020-09-25 13:18:34

Previously, I was only releasing the emotions I felt, without tracing them back to their broader categories, so seeing this as belonging to... "Indifference," not easily noticed.

Wind 2020-09-25 13:18:43

Um

Trace helps you categorize and continue the

process.

ZOEY 2020-09-25 13:19:13

So this trace actually involves using one's brain, Feng. 2020-09-25 13:19:20

yes

The instructor used an analogy , comparing it to riding a bicycle. might need to use your brain to get started at first.

Wind 2020-09-25 13:19:57

However, most of the time you're still experiencing the feeling of riding a bike, and the release method is the same.

In terms of operation, you'll need to use it briefly. But for things outside of the process, try to feel more and put your mind aside.

The sole purpose of the mind is to operate the process, allowing you to gradually become familiar with and release it.

In fact, if you unleash the processes of wanting control and wanting approval, you use your mind very little.

Once you get used to it, it will feel natural.

Like the analogy used in the course: once you find your balance, you're just riding, but this initial familiarization process is very important.

Do not delete or modify the steps arbitrarily.

ZOEY 2020-09-25 13:23:32

So, is there a sequence between feeling the desire to release and the act of releasing, since I was doing both at the same time ? 2020-09-25 13:23:32

Don't do both.

The first is the cornerstone of the second.

If the first one is fine for you, then move on to the next one.

Once you're familiar with the advanced techniques, you can just use the advanced ones; there's no need to go back to the elementary method.

ZOEY 2020-09-25 13:24:21

That means the first stage is to release the feeling (feeling - trace back to classification - release) wind. 2020-09-25 13:24:29

Um

This is to let you experience what it feels like to release emotions. The second stage will begin to accelerate .

ZOEY 2020-09-25 13:24:47

Does "no problem" mean you're familiar with the process, or something else? (Wind) 2020-09-25 13:25:11

The phrase "no problem" means that you can clearly use this process to release [the burden of the problem] if the experience of this release is clear to you.

The process is also very smooth.

Just look at the "want" behind it and directly release that desire.

This will increase your release rate a thousandfold ; just focus on doing one thing.

If you can adopt an advanced approach, then you can

focus on these two "desires": the desire for control and the desire for recognition.

The first one is unnecessary.

ZOEY 2020-09-25 13:27:02

Okay, also, what about the third one, "wanting to be safe" ? 2020-09-25 13:27:13

You don't need to worry about this.

Because you can't see it now.

When you release enough of the desire for control and the desire for recognition

That desire to survive (the fear of death) will surface; you will see it, and you can release it. Therefore, the original release mantra course focuses on covering those two desires that "fear of death."

Go

When you can see it directly, confront it directly and release your fear of death.

By explaining it this way, I think I've clearly explained the stages and sequence of the liberation system. [Laughing] This is the gradual progression from the initial release method course, without adding too many strange methods.

The topic you need to focus on is very simple.

ZOEY 2020-09-25 13:31:24

@Wind Yes, that's exactly what we need—removing the extraneous details and red tape, leaving only the most essential, fundamental, and concise elements. It's about simplifying the complex; the more fundamental something is, the simpler it is.

Wind 2020-09-25 13:31:47

I did not simplify
It's inherently
simple. I only needed
to present the
original appearance;
I didn't use any
scissors myself.

ZOEY 2020-09-25 13:32:52

Well, haha, what I'm trying to say is that, compared to the methods in the Book of Abundance, your explanation of Lester Levenson (The Sedona Method)'s theory so far is, for me, a simplification.

It doesn't mean you're making changes to the original appearance.

Instead, much has been added to the original form and essence, making it easy for people to lose their sense of direction.

Wind 2020-09-25 13:33:39

I know, I'm just saying, this is Mr. Lester
Levenson (The Sedona Method)'s conciseness
, not mine.
We shouldn't take credit for his work. [Laughing]

ZOEY 2020-09-25 13:38:22

I share the same sentiments as others in the group. I've hoped more than once that a more powerful person could provide more guidance. The group admin is also lonely and eager for more, haha [grinning face]. It seems the power of our collective consciousness is immense. Thank you, Teacher Feng !

Wind 2020-09-25 13:39:20

My performance
was so-so, but
the theoretical
research was
alright.
There are probably many
people in the group who
have better experience than

me , so I won't just spout
off my personal
experiences.
I'm just sharing the original methods and teachings I found in the materials as much as possible.

Xia Shan 2020-09-25 13:49:58

I suspect that everyone's ability to create their own methods is related to the content written in books. There are probably methods that don't conflict with other methods and can be compatible with a certain type of concept.

Wind 2020-09-25 13:51:07

He probably meant that you can practice the release method in the morning and then practice the XX method in the afternoon , not that you should mix the two methods together at the same time.
This is how I see it.
But according to Lester, if you can consistently release the energy, what other methods do you need? He doesn't even recommend students use mixed methods for the ultimate question .

Xia Shan 2020-09-25 13:52:59

So when I was practicing Zero Limits, it was a mixed approach. I only started to understand it after reading the book [facepalm]. Luckily, I hadn't really mastered it before meeting you guys, so I can start practicing again using the most basic methods.

Wind 2020-09-25 13:53:44

Mixing really isn't as fast as using pure ingredients [laughing emoji]

ZOEY 2020-09-25 14:03:37

@Wind ? Did Lester Levenson (The Sedona Method) explain the intubation method?

The Book of Abundance describes imagining inserting tubes, allowing energy to rise and leave from the tubes; Lester himself did not...

Did you mention it?

Wind 2020-09-25 14:04:09

Lester didn't talk about intubation, he talked about suppressed. energy

Lester Levenson (The Sedona Method) himself did not leave behind any audio recordings of his basic lectures.

However, the 1992 Liberation Law course

was personally designed by Lester, and

the methods used were those created by

Lester himself.

After establishing the Liberation Law, Lester no longer taught people himself, but instead had Liberation Law instructors teach him. He would regularly give advanced courses to enrolled graduates.

Therefore, the question of "how to use the process to release" is addressed in the basic course. The original process is an up-and-go guide.

Identify

feelings

and

awarenes

s

Let it go

the natural ability to " release, "

allowing you to respond to any feeling.

You can identify all those feelings on the emotion chart and then simply let them go.

Feeling is a repressed energy (Suppressed energy is there precisely because you've suppressed it inside.

The tube method may be useful for some people.

However, I personally still

recommend the original process

because the tube involves an

imaginative process.

This is quite difficult for people with poor imaginations.

If it becomes a task that requires effort, it will be difficult to manage.

Chen Yuling 2020-09-25 16:30:45

I can imagine it, but I can't feel it leaving the wind. 2020-09-25 16:31:14

Basically, it's about constantly asking if it's possible, whether you want it, and when to let it leave . If it can't leave, you repeat the process and keep asking.

No need to add imagination

My feeling is that Larry's modified method also weakened the power of the release method because it added an element of imagination.

But the release method itself is simply to let you experience and feel things as they are.

I say this because the intubation didn't teach me how to release.

only learned how to "decompress" it later when I was working on the process, and then I remembered that feeling. Back then, no matter how I tried, it wouldn't work. [facepalm]
I constantly observe my feelings, then ask myself if I can let them go, and discover that I can let go at any time.
It means discovering that "letting go" is something that can happen immediately once the decision is made; it requires no imagination or analysis.
The more simply you ask yourself these questions, the more you'll discover this.

Chen Yuling 2020-09-25 16:38:56
matter of "transformation of knowledge"?
2020-09-25 16:39:13
Not a transformation of consciousness
I later learned about this principle from Lester's audio recordings.
Because of suppressed feelings (Feeling) You are pushing yourself away ; you are consciously suppressing it.
The moment you decide to let go, it's gone in a flash.
let it up, let it go
Ultimately, this is what release is all about. It's about actively observing it and letting it run its course, but the process itself is the biggest help.
Doing things out of habit might prevent you from letting go.
But if you just let it surface, if you just let the feeling leave, he doesn't know what to do. The original process, as I understand it, is to neither add nor delete.

Zhixian 2020-09-25 16:49:20
A rational person, when it comes to inserting a tube, will get bogged down in questions like, "Where should I insert it?" or "Is the tube thick or thin?" [facepalm] @陈昱妗 (沁榆?? Human Design)? I'm just like that.
A lot of foreplay is needed for each release.

Wind 2020-09-25 16:50:14
Regarding the method of intubation, the one I initially used was found to be too

complicated for me.
After I experienced release, I also tried using tubes, but by then I realized it was no longer necessary. Once I realized this, I naturally had the tendency to let go.

I was on 2020-09-25 16:53:41

The original process is sometimes easily misunderstood; some people will spontaneously allocate energy...

Breathing out

Wind 2020-09-25 16:53:57

It's just a misunderstanding, something that's in one's head.

Actually, the original course mentioned that when he said "be aware of sensations," he meant the area between the chest and abdomen.

feelings

进阶的方法
直接释放两大想要
包括想要改变当下的卡
但是这个必须在熟悉释放的基础上做否则只是脑子里面
瞎想而已
如果能觉察到想要改变，就会更容易释放

Here's what I think: release
requires a clear experience, even
if it's not clear at first.
You also need to gradually understand
what it feels like to leave. If you
don't understand this, you won't be able
to proceed with the rest.
The previous action paves the
way for the next; it must be
released.
up and go
You can't just up it and not let it go.
I've parted ways with many people because of this before.
They had studied Buddhism before and might subconsciously
confuse the "Four Foundations of Mindfulness," thinking that
"awareness" is enough to transcend awareness.
That's why I've become so fundamentalist.
It's really hard to deal with people who
like to tamper with the release techniques
these days [laughing emoji] because the
release techniques are indeed too simple.
I always want to make some changes.

Sometimes you have to emphasize energy.
The main problem is that some
people interpret "understanding"
as "releasing " something; I've
encountered this quite often
before.
Whenever this happens, I say that
it's actually energy, and you can
feel the energy leaving your body.

Energy blocked in the chest and abdomen should flow through the body.

慧轩 2020-09-25 17:19:30
「四念处」不是感受情绪，允许情绪浮现吗？风
2020-09-25 17:19:59
四念处是观察、辨析名、色、法这是非常不一样的
路径
这个要「刹那定」的定力，和释放法很不一样

Wind 2020-09-25 17:29:06
Actually, Larry later also used a question, but his revision was rather strange.
I later watched his videos on YouTube; his questions were incredibly long, like tongue twisters.

But I think it's a bit better than Haier's improvements.

control

Because he asked "could" you let the wanting of control go so you can have

This is how it works.

But Larry's students just kept asking, ″ Could you say yes to it?″ and more and more [facepalm]

L a r r y ' s r e f o r m s w e r e n ' t p a r t i c u l a

rly complex, while Haier's reforms were extremely complex. Can you appreciate the perfection of th

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Can you
notice that
the perfect
and the
imperfect are
a whole?
[Facepalm]
Yeah, my
friend burst
out laughing
when I showed
him that
video.
Saying you can't concentrate and release
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Larry speaks so fast, like he's reciting a tongue twister while he's constantly laughing, he can't

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Wuxin 2020-09-25 17:45:11

Hello teacher? I just went to the vegetable market in our neighborhood and saw the male owner of that small supermarket again. (I bought a game controller for my son before , but it didn't fit, so I didn't let him go to him to exchange it. Because I threw away the packaging, he refused to exchange it and his attitude was so bad that my son was crying and holding a kitchen knife, ready to fight him. I stopped him .) Seeing him, I felt like I wanted to kill him with a knife.

Feeling this emotion
Are you willing to let it go? No.

Feel the emotions again
Are you willing to let it go? No.

Feel again
When asked again if I was willing, the answer this time was yes.

It feels like the emotion left as soon as I answered "yes." In this situation, should I ask again, "When?" and then answer, " Now ?" for the process to be complete? But if I answer "now," by then the emotion of letting go has already left. What should I do?

Wind 2020-09-25 17:45:49

Let them go and then take another look.
See what emotions you
still have about it,
what emotions remain.
Then go through the process to release

Go ahead and ask.

It doesn't
really matter,
right?
[Laughing]

Speechless 2020-09-25 17:54:37

If you throw away the packaging, they can't resell it, so of course they won't replace it for you. That's perfectly reasonable .

2020-09-25 17:56:55

I don't care whether the other party is right or wrong; I only care about my own emotions and feelings and want to vent them. 2020-09-25 17:57:17

Emotions are your own; if you can't get rid of them, you'll only make yourself suffer.

Wood 2020-09-25 17:57:47

Release is not about reasoning or explanation.

Abandon reasoning and confront emotions directly

Every time I try to reason with someone, I end up suppressing my emotions.

Wind 2020-09-25 23:19:04

There are a lot of commercial promotions in China now. Do you know Jiawei and Xiangrong? (The text also mentions that the release law already has psychological counseling licenses.)

Two Taiwanese people are doing this.

The textbook they used, "Zero Resistance," was also written by a Taiwanese author.

Xu Yaoren

I followed up on Xu Yaoren's recent situation, and he no longer talks about the release law at all.

Let's not talk about the Law of Attraction anymore.

They're all talking about business stuff.

He even released a video explaining why he no longer talks about the Law of Attraction.

He said he had tried these methods, which worked in the short term, but later he found they couldn't solve the bigger problems, and he felt the world might not be so simple.

Of course, the release method wasn't mentioned either.

I don't know why he gave up the release method.

Many people in China learned about the Liberation Law through his book; it was probably the first officially published book on the Liberation Law.

The Golden Life with Zero Resistance

Zhang Defen and others have also recommended the release method , but she herself hasn't consistently practiced it.

Constantly immersing oneself in various new spiritual knowledge

On September 26, 2020, Feng introduced the timeline for Lester Levenson (The Sedona Method)'s creation of the Liberation Law, continuing the study of Liberation Law. Answers to some questions about the Freedom Method, a translated and pieced-together version of the Six Steps to Freedom and the Six Steps to Freedom from the 1992 curriculum.

Wuxin 2020-09-26 19:15:51

@Teacher Feng, when using an emotion chart, if I see a related emotion, do I release it as soon as I feel it ? Does not being able to recall the specific emotion affect the release?

Wind 2020-09-26 19:16:40

No impact

In fact, it's different from the materialistic world we're taught about; Lester's worldview is anti-materialistic.

came

The true self first creates the mind (ego), the mind artificially creates a sense of scarcity, and then develops the basic...

Desire, basic desires generate emotions, emotions generate thoughts, and thoughts project the world.

Therefore, specific events in this world actually follow emotions.

When you release your emotions, you release many thoughts about the event, and the event itself will no longer be projected onto you.

This principle may be difficult for most people to accept at first, but it will become clearer as things unfold.

I was on 2020-09-26 19:33:12

@Wind ? Lester's enlightenment occurred in 1952. He said it took him 18 years to return after his enlightenment . That is to say, before 1970 he was in a state of spiritual drift, perhaps speaking of "The Ultimate Path to Freedom," and only after returning did he begin to truly teach the path of liberation.

That makes sense. Why didn't Lester explain the release method before? He didn't come back, so it was hard to explain [facepalm] .

2020-09-26 19:33:53

yes

He also said that there were some
small gatherings at the beginning,
but those people didn't make any
progress.
Because as long as he's
there, they're high; as soon
as he leaves, they fall.
Attributing everything to
his power
It developed into a dependency relationship
So he stopped personally guiding people later on.

I remember now, Lester wrote down the six
steps in 1972 and has never changed them
since.
The release method has been formally established.
If he drifted for 18 years, then his
return in 1970 would have been exactly
the year he spoke of "the right path."
Two years later, I wrote down the six steps.

Wind 2020-09-26 21:43:52

I met two friends today.

Seeing their every word and action, I suddenly felt a strong urge to escape from the world. 2020-09-26 21:46:13

Is it that exciting? (Wind)

2020-09-26 21:47:27

One got married, and the other achieved career success, but neither of them was clearly happy and remained stuck in the same emotional cycle.

Wind 2020-09-26 22:01:24

I was confined at home for a maximum of seven days.
It did have some effect, but unfortunately I couldn't stick with it; it took almost half a month for me to release anything.
Not even once
I misspoke while staying in that comfortable state.
It's half a year
About five months

Wuxin 2020-09-27 08:31:37

@Am I Infinite? Does the release method use a process, and does releasing thoughts also use a process ?

2020-09-27 08:31:54

The method of release doesn't involve releasing thoughts because that's too slow.
Cut leaves
You could never finish cutting hair in a lifetime and it's easy to get stuck in a cycle.

Wind 2020-09-27 10:09:16

Actually, you could say that desire is a

tendency . I saw someone ask yesterday what
sexual desire and appetite are as basic
desires. This is actually an attempt to
analyze, not to perceive.
This kind of problem arises when trying to find out its components.
But in fact, when appetite occurs, you can be
aware of your tendencies, such as when you eat
something delicious and want to eat more.
The same applies when sexual desire occurs.
If you want to grasp a certain feeling, then you want to control it.
It might also contain a desire for recognition, and you can sense
that.
When you're starving to death, the fear of death emerges, and the

tendency is to want to survive . 2020-09-27 10:35:30

Here's a realization I gained this morning: I deeply realized that we live in a constant state of "wanting." Releasing a "wanting" motivation stops the associated emotions and thoughts, leading to a profound sense of peace. Continuously releasing "wanting" gradually weakens our awareness as "doers," making life more like a series of events that "happen."

Driven by desire at all times
Continuing to release will directly cause you to fall out of this "desired" chain.
Hmm... Let me organize my thoughts to express myself more clearly.
No matter what it is, even the simplest act of
washing up, there's always that urge to control it .
I only slept for four hours last night.
The rest of the time, I'm constantly
releasing a desire for control and a need
for validation; it feels so strange.
[laughing]
Being stimulated does indeed
give me a sense of release;
anything that can disturb me
is desire.
Any impulse to "want to do" is also
a manifestation of this tendency; it
is also a desire for control and a
desire for recognition.

ZOEY 2020-09-27 12:31:25

@Feng sensed my resistance towards a colleague, which stemmed from a desire to change (control) them. However, I could also sense my fear; it was fear that fueled my desire to control. Should I then release this desire to control? It doesn't seem to be the root of the problem.

Wind 2020-09-27 12:32:10

Is it the emotion of fear, or the fear of
death (and the desire to survive)? These are
different levels.
Fear is an emotion.
But fear of Dying is the most fundamental thing.
However, there's no need to dwell on this. Releasing
desires isn't about finding the most fundamental thing
to release, but rather finding the most superficial
thing, the one you're most aware of.
Because it has already surfaced, if you don't release it,

you're suppressing it. So, if you feel the urge to control it now, just release it.
After you release what you want to control at the top, whatever is below will reappear and be released for you.
This way you can be in a state of continuous release.

Starfish 2020-09-27 12:39:34

At first, I followed the steps strictly, but later I went with my gut feeling, and I would immediately come back to the right path . This is the experience accumulated through practice, a personal lesson that belongs only to me.

Wind 2020-09-27 12:40:18

This often happens.
I estimate that most people who have been releasing desires for several years will experience a situation where they become aware of it and then immediately leave.
However, I still recommend following the process, because the process of releasing desires is already quite simple.
The main problem is that the mind can easily deceive itself and get caught up in it.
Therefore, it is recommended to continue releasing [the virus].

Don't become awareness.
Otherwise it will get stuck there.
Yeah, just release the feeling
of being stuck there, whatever
it is.
Or it could be a vague feeling that
releases a desire to change it.

ZOEY 2020-09-27 12:43:11
I felt a strong, intense blockage in my throat. And I was holding on tightly, not letting go at all . 2020-09-27 12:43:47
Do you want to change it?
ZOEY 2020-09-27 12:44:13
There's a desire to change, but
it's less intense than at the beginning .
2020-09-27 12:44:31
Don't suppress this desire for change;
instead, become aware of it, release it,
allow it to surface, and allow it to
leave.
This requires gentleness
and patience because the
level of desire is indeed
very subtle.
ZOEY 2020-09-27 12:46:15
When you hold on tightly,
it feels like you're holding your breath.
2020-09-27 12:47:12
So you're still holding on tight.
ZOEY 2020-09-27 12:47:12
The stronger the resistance, the more desperately one tries to control, the more they cling to it, blocking and obstructing it—that's the point of getting it .
stuck
I was on 2020-09-27 12:53:13
[Facepalm] Anyway, all I want to say is that if you have some useful experiences with the release method, be careful not to easily change your release method because of those experiences.
I was on 2020-09-27 12:53:33
The more you release the
spell, the more you'll discover the
unchangeable wind. 2020-09-27 12:53:55

Yes

The method of liberation created by Lester is one that requires no changes until complete freedom is achieved.

[Laugh

ing]

1975

The exact time Lester discovered the "release method"

He said that one release is equivalent to the effect of several months of meditation.

Previously, when people were instructed to meditate,

they only experienced positive feelings but stopped

growing. From then on, the method of release was

taught.

So, when you're feeling comfortable and relaxed, instead of stopping to meditate, why not let go a little more ? 2020-09-27 23:20:05

Today, I used an advanced method of releasing emotional triggers to specifically clear my relationship with my parents. It's like, regardless of whether emotions, desires, or fears arise, as long as I release the desire to change the state in which these emotions, feelings, desires , or fears arise , I no longer resist, suppress, or defend against them. These emotions, feelings, desires, and fears will eliminate their attributes, transforming into a pure energy that surges from the depths of my heart, manifesting as a sense of tension in my chest and abdomen. It feels like energy is directly emerging from there and dissipating on its own, without me having to consciously release it . In other words, simply releasing the desire to change my various emotional, feeling, desire, and fear states allows these emotions, feelings, desires, and fears to transform into pure energy that surges forth and is released from my chest and abdomen. (Wind) 2020-09-27 2 3 : 2 0 : 4 9

Yes, that should be true.
Every suppressed feeling is pushing
you outward; you just need to release
the act of suppressing it.
It
disappea
red in a
flash.

I was on 2020-09-27 23:21:56

Yes, that's it. This is the first time I've realized this. Before, I was always the one pushing them along.
[Laughing]

Wind 2020-09-27 23:24:59

That's why I think the tube method was also Larry's additional addition.
Because the original process of the release method is to
view feelings as something that leaves when you let go,
the tube method transforms the process into one where you
actively push it away.
Rather than using the tube analogy, it's more
like using a balloon—you release the air
from the balloon.
Then it deflated in a flash.
That 1992 video should be the one that hasn't been edited.

I was on 2020-09-27 23:29:24

I have never tried to release emotions , desires, or fears directly when they arise. Instead, I first release the desire to change these emotions, desires, or fears. This releases the repression and resistance towards them, and

the emotions, desires, and fears will surface and leave on their own.

Wind 2020-09-27 23:29:30

The original intention was to
emphasize direct experience and
then guide you through
questions.

Saint Dona Release Method 1992 Teaching Video 1

Saint Dona Release Method 1992 Teaching Video 5

I only translated these two.

One is the basic process
for releasing emotions,
and the other is the
basic process for
releasing desires.

I was on 2020-09-27 23:33:16

These emotions, desires, and fears haven't left the subconscious; they're just trapped by our own resistance and suppression . Releasing the desire to change them is releasing this resistance and suppression, and these emotions, desires, and fears will naturally leave. Today, I truly experienced firsthand that

风 2020-09-27 23:33:22

我今天终于了解了莱斯特创造释放法的过程他
在 1975 年发明了这个释放流程
然后他的一个学生听说他有了自己的方法立
即跑过去学
在此之前，他尝试过很多教学方式，来试图让人们达到他的境界那些
就是记录在《终极自由之路》里的过程
而那些是失败的经验 因
为很少有人获得成长
尝试的主要是冥想，带着问题冥想，等一系列方法
直到 1975 年，他发现只要做一次“释放”，就可以抵得上几个月冥想的效果于是
就分享了这个方法给他的追随者
从此释放法被建立
所以我把这个资料的内容分享一下，不要再把冥想当“进阶”了冥想
是降低层次

I was on 2020-09-27 23:36:37

Previously, the leader of the first batch of translations of "The Path to Ultimate Freedom" claimed it to be the foundational theory of liberation, leading to widespread misunderstanding.

They all learned the liberation method according to "The Path to Ultimate Freedom".

Wisdom's Guidance 2020-09-27 23:45:32

Actually, I think the emotional energy level

chart is also wrong. (Wind) 2020-09-27 23:45:46

The ranking table is correct.

That Lester Levenson (The Sedona Method) often mentions

agflap, cap

Wanting to change,

wanting to understand,

etc., all these are forms

of wanting to control.

如果是一个你特别不喜欢、让你不舒服的感受，你就肯定有想要改变如果是一个模
糊的感受，你就肯定想要搞清楚它
莱斯特讲过面对模糊的感受（vague feeling）释放想要改变、想要搞清楚

wanting of figure out

This wasn't entirely absent from Larry and Hale's later books.

However, because the order was disrupted and the focus was confused, it became difficult to understand, mainly because too many unnecessary things were added.

If you don't know what it feels like to release a card, or what it feels like to want to change the card's feel, then releasing it will be difficult.

layer upon layer

Because the sensation from that
card is still lingering inside
if you don't release it.
To this day, I am still amazed by
its simplicity and power. I have
practiced many methods.
Sometimes I do have that feeling.
For example, the effect of several months of meditation might be similar to the effect of a single, fleeting release in a few seconds.

many

I don't know why Lester's method is simpler and more powerful than most traditional methods; I even struggled with it for a while at first. [Laughing]

I was on 2020-09-28 00:00:40
I'm truly grateful for the insights you shared , @风风 2020-09-28 00:00:56
[Rose][Rose] I've also benefited from communicating with you all.

Nothing 2020-09-28 00:03:32
My head keeps feeling stuck, and my face feels swollen. It's so damn hard to deal with! [Facepalm] 2020-09-28 00:04:00
Relax, notice that you want to change this situation, and let the desire for change leave.
Nothing 2020-09-28 00:04:35
@Wind ? I don't know why, but I don't feel anything in my chest or abdomen.
Wind 2020-09-28 00:05:30
It's enough to be able to sense emotions.
It's not about finding sensations in your chest and abdomen, but rather trying to feel them using your chest and abdomen.

After I started sharing, for some reason, I started to release more emotions. Every time I finish translating or sharing, I feel even more motivated to release [the energy/resources].
This truly embodies what Lester meant when he said, "Helping others is helping yourself ." 2020-09-28 00:11:27
[Strong] You are the first true Dharma transmitter ! 2020-09-28 00:12:15
I just moved some materials [facepalm] I plan to continue translating the [the] tomorrow. First , translate the remaining parts of "the way" .
I was on 2020-09-28 00:13:22
Alright, I'm waiting patiently. [Smiling face]

我 2020-09-28 13:17:23
@风?原文到底是想要控制还是想要改变风
2020-09-28 13:17:41
你说第几步
第五步是想要改变第三步是想要控
制
想要改变是想要控制的一种
并不是说在想要控制之外还有一个想要改变第二步突出的是
decision，决定

I was on 2020-09-28 13:21:05
@Wind , do you want safety or a sense of security?
I think it's about wanting security, not just wanting a sense of security.

Wind 2020-09-28 13:22:29

Well...
in fact
He spoke most about "wanting to survive" and "fear of death." I didn't change her third translation.
I only changed her second, fourth, and fifth lines because I didn't remember how the original text said the third one, so I had to review it.

Wind 2020-09-28 17:47:02

the way 3

This part was particularly fun, and I think I finally understand why Haier later invented its own...

My own method

Look, in the audio, the questions Hale asked Lester included quite a few clever tricks that Lester pointed out to him.

Many
peop
le
who
come
into
cont
act
with
the
rele
ase
meth
od
end
up
goin
g
down
all
sort
s of

stra
nge
path
s.
The last question Haier asked Lester
He asked if we could go with the concept
He
followed
the
concept
of "I am
not this
body"
because
he felt
that
releasin
g this
concept
made him
feel
bad.
He initially felt the concept was somewhat real, but after releasing it, he realized "this concept is just a concept," so he wondered if he shouldn't have released it, but rather followed the concept.
The seeds of this development were sown almost as a result of Haier's later deviation from the release method. In fact, there's no need to discuss the release method so much. Whether it's Larry or Hale, the later chapters are just filler because the release process is too simple and can be finished quickly. Actually, everyone does this often. Therefore, a simple and clear process is necessary to follow the six steps.
Just like when I was translating, the external network went down. At that moment, I wanted to control

it and immediately launch it, but I forgot to release it.

Try to solve it by returning to the old behavi

or a lpatterns.

I noticed this, released it, and then connected.

I myself tend to complicate things every day, and my habit of solving

problems with my head is deeply ingrained; I will try to release that tendency as much as possible in the future.

Wind 2020-09-28 23:21:43

The release method is too simple, simple or rather, concise.

Part Four is also translated.

I listened to two hours of Lester Levenson (The Sedona Method)'s recordings.
I don't remember some of the
recordings, so I listened to them
again, but the one collected by the
group admin isn't complete.
Those audio clips
were only halfway
through or even
just the beginning.
Like The Way Part 1, which is
only a little over 7 minutes
long, but has over 20 minutes
on YouTube.
I translated what's on YouTube.
I listened to the audio in the file shared
by the group admin today, it was like...
ab o u t only in the first ten minutes or
so does it seem like Lester himself is
teaching the release technique .
Relatively important
I couldn't find this
audio on YouTube either;
the group owner's version
was incomplete.
I wonder if anyone can get that audio file.
of his 164 audio files were complete.
Forget it, collecting knowledge is no longer very meaningful to me. I already have the process and can use it to move towards freedom.
Go and let go.

Sui Le 2020-09-30 09:47:00
@Wind ? I don't understand this. It's a chart, a symbol... what does "wind" mean? 2020-09-30 09:48:06
It means writing a
note and sticking it
in the room to remind
yourself.
Lester meant to put the phrase "Get everything only through

liberation" in a prominent place in the room to remind himself to do so.

miqi 2020-09-30 11:03:38

There's something I don't understand: if you get everything you want by giving it away, does that mean you don't have to do anything or work ?

2020-09-30 11:04:07

Yes

This is something

Lester Levenson (The

Sedona Method)

frequently

emphasizes, as

highlighted in the

advanced course.

You need to work to survive; that's a slave mentality .

Slave consciousness) to achieve thinking and things

happen

you don't need work for living

Ju Ting 2020-09-30 11:16:40

@Wind ? I'm releasing some things now. First, I'm releasing my emotions, then my two major desires, then my desire to change , and then my fear of survival and death. Is this the whole process?

Wind 2020-09-30 11:17:50

No need to release your emotions first.
If you can release two desired emotions
using this method, then using it is the
beginning of learning the release
technique.
In other words, it teaches you how to
release, and once you're familiar with the
process, you can use it to release your
desires.
Release two people who want
When the fear of death arises, you
simply release that fear. It's that
simple.

Ju Ting 2020-09-30 11:21:46

@Wind ? I just feel like I have so many emotions [facepalm]

Wind 2020-09-30 11:22:03

You don't need to suppress them.
See what their desires are and then release them.
Or if you feel you're still not
familiar with releasing desires,
then release your emotions.
That's fine too.

Wisdom's Guidance 2020-09-30 11:37:38

To be honest, the translation of
"starry sky" is a bit of a misnomer. (Wind)

2020-09-30 11:37:51

There are indeed problems with the starry sky translation.
It incorporates too many common spiritual terms.
But actually, Mr. Lester Levenson
(The Sedona Method) didn't like
using those words; he preferred
everyday English.
Lester likes to use the simplest language to
express difficult concepts, so I try to use
everyday language in my translations as well.
Try to avoid using big words.
I can't find the

original six-step manual. Lester didn't explain the six steps in detail; they were only mentioned in scattered places.

Or mention six step

However, if you put them together, it should be about right.

第一步：你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步：做出自由的决定。
第三步：所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步：持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。

Let me try to retranslate it using his original words.

第六步： 每次你释放，你都更愉悦、轻松、脱离限制，随着释放，你会越来越愉悦、轻松、脱离限制。

Okay, this is the six-step method for cultivating virtue, pieced together from Mr. Lester Levenson (The Sedona Method)'s scattered words. 2020-09-30 12:49:51

A day has 24 hours, three weeks have 21 days, that's 504 hours. Lester Livingson says that continuous release for three weeks leads to ultimate freedom, is that true? Has anyone tried it? What's the longest you can release someone?

Wind 2020-09-30 12:50:03

My longest release
time was one week
two years ago.
I've reached a very comfortable state, feeling like I have no agflap left, or maybe I do, but it's very...
subtle
Then, after six
months of not wanting
to release anything
and having no
motivation to do
so...

Ju Ting 2020-09-30 12:53:20

My head keeps screaming that I have to talk about something, I have to see someone to talk about something, otherwise how can I... [facepalm]

Wind 2020-09-30 12:53:30

That release!
I didn't really release anything this morning, but I did [facepalm] guided by wisdom.

2020-09-30 13:00:23

wind every day? 2020-09-30 13:00:33

yes

D 2020-09-30 13:21:32

Directly manifesting 500 billion, competing with Jack Ma, and becoming China's richest person.

Wind 2020-09-30 13:22:04

500 billion makes him the world's richest person.

Ju Ting 2020-09-30 13:28:16

@Guidance of Wisdom? Why don't you try expressing your desire to be the president of the country? [Grinning face] The prerequisite is wanting freedom beyond what you want in the world. [Grinning face]

Wind 2020-09-30 13:28:16

Wishing the youngest president ever to be elected ! (I don't want to be president)
It's not interesting.

Qian 2020-09-30 16:31:03

500 billion, he's the richest person in China, surpassing Jack Ma. The world's richest person is the eBay owner; I just checked, and it's more than ten times that amount.

I checked before; 50 billion would make someone the richest person in the province.

Wind 2020-09-30 16:35:56

Ha ha

Is it more than ten times that?

$ 120 billion

The current exchange rate is 6.8.

816 billion

More than 300 billion more than 500 billion

Wind 2020-09-30 18:35:43

These are the six steps from the 1992 workbook , and there's not much difference.

However, there are still some differences.

第一步:你必须想要波澜不惊超过你想要被认同和控制。第二步:决定你可以做这个方法来达到波澜不惊。
第三步:看到所有情绪都源自两个想要，想要被认同和想要控制。立即看到并且立即释放想要被认同和控制。
第四步:让它成为常态。在独处或者人前释放你所有的想要被认同和控制。第五步:如果你卡住了，放开你对这个卡住的欲望的想要控制。
第六步:每一次你用这个方法，你都会感到更轻松、更快乐。如果你持续用这个方法，你会持续感到更轻松、更快乐。

This is how it all translates.

The difference between Lester Levenson (The Sedona Method)'s wording and Lester Levenson (The Sedona Method)'s in the advanced course is that he replaced "freedom" with "calm and uneventful," perhaps to make it easier for students to understand.

However, the initial six steps only mentioned two major points;

第一步: 你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步: 做出自由的决定。
第三步: 所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步: 持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。
第六步: 每次你释放，你都更愉悦、轻松、脱离限制，随着释放，你会越来越愉悦、轻松、脱离限制。

They're all pretty much the same anyway.

Just use
whichever way you
like .

September 30, 2020 : Discussions in the study group about the changes after the release of negative emotions; positive feelings should also be considered.
Release, the ultimate path to freedom is a failed teaching record. What to do if you unconsciously hold your breath during release?

Wisdom's Guidance 2020-09-30 10:50:58

Have you released your dislike for someone?

Having discussed so much theory, is there any practical application to it ? 2020-09-30 10:52:31

This happens frequently.

By continuously releasing, one can release the guidance of wisdom. 2020-09-30 10:52:51

After they were released, how did they get along and interact?

In reality, there are too many problems in family, work, and relationships. In fact, most of these problems stem from relationships.

Wind 2020-09-30 10:53:12

Hmm... I need to try to explain this. You mean interpersonal relationship issues, right?

Do you mean, have you dealt with interpersonal relationship problems through release?

My personal experience is that there are many feelings involved. What does it feel like to want to control this person, to be recognized and released by them?

To experience love, to love them as they are right now, if you're talking about specific ways of interacting...

It's different for everyone.

In reality, after liberation, you will often know how to act with wisdom. 2020-09-30 10:56:30

My release can only temporarily

eliminate that energy wind. 2020-09-30 10:56:51

Because you haven't brought out and released all your subconscious emotions. Keep releasing them. Continue to release, and your intuition will become clearer and clearer.

Leaping Flames 2020-09-30 10:57:42

Isn't six steps enough? Why make such a fuss?

Wind 2020-09-30 10:59:50

Regarding the knowledge aspect, we only need to know the six steps and the release process; the rest is just continuous practice and experience.

If there are disagreements on conceptual matters, set them aside for now and try putting them into practice. Wisdom will guide you. 2020-09-30 11:08:05

Does improved emotional intelligence mean you've become better at communicating? In reality, a single ill-chosen word can easily ignite conflict.

In fact, it all comes down to
the interaction of human relationships.
(Wind) 2020-09-30 11:08:23
Emotional intelligence (EQ) means emotional management, right?
The release method directly releases emotions, eliminating the need for further management.
What you're describing is at the action level.
The Liberation Method operates at a basic
level: feelings drive thoughts, and thoughts
drive actions.
Once you release your feelings, you
don't need to consciously adjust your
behavior. If you still need to adjust
your behavior, it only means you are
suppressing your feelings.
Wisdom's Guidance 2020-09-30 11:10:22
You mean that after being released, one's mind suddenly
becomes clear, and one understands how to deal with the wind?
2020-09-30 11:11:09
More or less
The insights gained from
continuous release are a guide to
astonishing wisdom. 2020-09-30 11:11:31
However, I'm sorry, I
don't have that kind of insight .
2020-09-30 11:11:32
So I try to say, let go, stop thinking
about those problems—that's the guidance of wisdom.
2020-09-30 11:11:59
It can't be
released. (Wind ,
2020-09-30) 11:12:18
Are you unable to operate the
process or unable to maintain consistency?
Wise guidance is needed. 2020-09-30
11:12:22
Unable to release continuously
Or is there a problem
with the operating procedure ?
2020-09-30 11:12:47
If you can't operate the process, keep using it
until you experience release, until you can

have a clear experience of release.
If you can't keep it up, remind yourself to keep doing it.
You will naturally see a dramatic
change in something only after you
have fully expressed your feelings
about it.

Wisdom's Guidance 2020-09-30 11:13:45
Human patience is limited.
Without any reward, where
is the motivation? (Wind) 2020-09-30
11:14:01
That means there might be a problem with your operating procedure.
Because every release is accompanied by
pleasure and relaxation, and every
release is rewarded.
Try following the process and
experience the release ; that
should be fine.

Wisdom's Guidance 2020-09-30 11:15:20
useful in other
aspects . 2020-09-30 11:15:33
Okay, that's the first question.

The initial release experience
Learn this first, then just keep using it.

Daluzheng 2020-09-30 11:16:27
@Wind ? Do you also need to release some of those wonderful feelings or experiences ? 2020-09-30 11:16:54
This also needs to be released.
It's very simple, because it will be better after release.
Mr. Lester Levenson (The Sedona Method) often uses the word ″ better″ or ″ go further″.
This is
how to
go
further
Don't stop, there's something even better to come.

Wisdom's Guidance 2020-09-30 11:19:29
Does the feeling transform into a feeling of love after release? Like in Lester's autobiography ... 2020-09-30 11:19:44
After releasing, you will indeed feel more love.
Because all feelings are non -love feelings , once released, the love inherent in your true self will manifest.
Wisdom's Guidance 2020-09-30 11:20:19
How to demonstrate style in dealing with people 2020-09-30 11:20:46
In dealing with people, it means you will be more understanding of them and able to see things from their perspective.
This will resolve many problems.

第一步：你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步：做出自由的决定。
第三步：所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步：持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。

This is a six-step translation of Mr. Lester Levenson (The Sedona Method)'s original words, provided for your reference.

For the basic procedure, just use the 1992 release method course video. The basic procedure I explained is based on that. Try not to base your work on any later books Personally, I tend to be a bit fundamentalist because I find releasing my primal instincts to be the most efficient method. However, I don't object to others reading and learning.

I simply recommend the original course more.
1 is the basic release
5. After you are familiar with releasing emotions, move on to releasing desires.
Once you've mastered the methods in section 1 , you can try using section 5.
Once you're proficient with tool 5
, you can just use tool 5. Bingo
All that's left is to keep using it, keep using it, and you'll achieve freedom.

Daluzheng 2020-09-30 11:56:49
I understand some parts of the English part but not others. I think just reading the text part that follows is enough for understanding the basic process . @风
Wind 2020-09-30 11:57:23
It is also possible
The process is actually very simple.

D 2020-09-30 12:03:28
@Wind ? Did you translate
Lester's book? Did you
translate those recordings?
Wind 2020-09-30 12:03:47
no
Currently, I've only
translated episodes 1-4 of
"The Way" and excerpts from
two 1992 videos . I'll
translate more of Lester
Levenson (The Sedona Method
)'s audio later when I have
time.

However, there is an auxiliary
process in the basic workflow
: tracing .
When your feelings are mixed, you can use
a mood chart to see which category your
emotions fall into.
Then feel it.
This is an auxiliary use of the mood chart.

"The Road to Ultimate Freedom" includes early audio recordings.

In other words, before he invented the release method, he tried various methods to teach his students over eighteen years, but the students made little progress.

> Later, around 1975 , he discovered
> the release method and found that
> one release was equivalent to
> several months of meditation, so he
> taught it to his students.
> Therefore, "The Road to Ultimate Freedom"
> should only be used as a theoretical
> reference; one could say it represents a
> record of failed teaching methods.

However, on September 30, 2020 12:08:24

> @Wind ? What to do when emotions are impossible to categorize? I always have to use my brain to think about it when trying to categorize them.

Wind 2020-09-30 12:09:15

You can think
about it for a
bit , but don't
overthink it.
If you can experience it directly, then just
continue with the process. The table is just
a supplementary tool.
Because I know that many people don't know
what their emotions are; they can't even
experience them.
This is where tables come in handy.
Making good use of these tools can help everyone progress more quickly.

D 2020-09-30 12:12:37

My treasured book, *The Path to Ultimate Freedom*, has
turned out to be a failed teaching record! I cannot accept
it.

Wind 2020-09-30 12:12:58

What he said was consistent.
However, he didn't lower his standards to teach at
a level that people could accept, which resulted in
few people experiencing personal growth.
Therefore, most of the methods in the Path to Ultimate Freedom
are not directly operable by ordinary people. This is from the
early audio recordings.
Lester Levenson (The Sedona Method) later recounted this incident.
He said that the release technique is the most effective method, so the later audio tracks focused on how to better utilize the release technique.

This matter

D 2020-09-30 12:14:28

@Wind ? Which one was truly taught by Lester
Levenson (The Sedona Method) himself: the tube insertion or the
three-question quiz? Wind 2020-09-30 12:14:36

Three questions
This is Lester Levenson (The Sedona Method) in Sedona The teaching settings within the institute

D 2020-09-30 12:15:22

conservative in its
teaching style . 2020-09-30
12:15:33

Later, he also

let loose and
embraced the
triple welcome,
etc.
The videos I've been watching on his YouTube channel
lately have almost nothing to do with the release
method anymore; they're all about welcoming the
present moment's perfection or imperfection.

D 2020-09-30 12:16:06

He wasn't like Larry.
Larry told people that any wish can come true
simply by sitting at home and letting go. Haier
said that external circumstances may not
necessarily change, but mindset can.
The lecture
was too conservative .

(2020-09-30) 12:16:23

Oh, you mean this?
This is something Mr. Lester Levenson (The Sedona Method) also said.
The advanced course explains that you can obtain anything through release.

Make the most of it, use it
to its fullest potential—
that's Lester's teaching.

Leaping Flames 2020-09-30 12:22:17
@D? "The Road to Ultimate Freedom"
contains truth; how could it be a
flaw?
Wind 2020-09-30 12:22:33
Once you've reached a certain level of liberation, you'll
naturally understand the concepts in "The Path to Ultimate
Freedom," but those teachings cannot replace the method of
liberation.

JianWang 2020-09-30 12:22:49
Where did you get
this information? Wind 2020-09-30
12:23:05
What a student said
Someone interviewed Lester Levenson (The Sedona Method) students
One day, Lester was meditating when he
suddenly discovered this method, which he
initially called the Release Process.
release process
The reason why the initial audio recordings were considered unsuccessful teaching experiences was because he didn't lower himself to a level that everyone could understand when teaching.
He gave me some very advanced information and
then told me to go do it. This is why many
people don't make much progress.
This does not mean that "The Road to Ultimate Freedom" is incorrect.
D 2020-09-30 12:27:14
@Wind ? Why didn't he just copy the method he used during those three months of sitting on the bench exactly ? Why didn't he? And it even led to a failed teaching session.
Wind 2020-09-30 12:27:31
This was also mentioned in a post-production audio recording.
His initial intention was to teach others
what he had learned. It took him eighteen
years to return to this world.
This is the process of gradually lowering oneself.
But Lester says in the audio that if he had six steps,

he would have been faster: "You guys have methods, you can be faster than me."

"In the first month, I released my desire for acceptance; in the second month, I wanted control; and in the third month, I released my fear of death—one thing per month."

"But you have this release technique, it has six steps, so you can probably do it in a few weeks."

arrive"

That's roughly how it went.

D 2020-09-30 12:31:12

Asking "What am I?" every 24 hours would be faster; I've tried it.

As a result, I kept getting distracted.

an hour, even 50 minutes, daydreaming.

Wind 2020-09-30 12:31:28

I've tried it too.

For me, it wasn't as effective as the release method, so I used the release method.

We don't have that strong desire for freedom, so asking "What am I?" is pointless.

In the past, Lester Levenson (The Sedona Method)'s students often turned it into meditation, to enjoy that good feeling, without...

growing up

However, the effect of releasing once is equivalent to several months of meditation , so Lester's later works almost entirely revolve around releasing.

Teaching focuses solely on the one thing: release.

He said this is the most efficient and effective method for you.

JianWang 2020-09-30 12:36:12

Later, Lester Levenson (The Sedona Method) became more enthusiastic about "Who am I?" and went straight for the kill. (Wind) 2020-09-30 12:36:23

No, that was the early stage of "Who am I?"

D 2020-09-30 12:36:22

Sitting at home all day, how will I pay the rent? How will I afford food? (The wind...) 2020-09-30 12:36:45

Release it, and it will come.

That's what Lester Levenson (The Sedona Method) meant.

drop into your experience

What you want will fall into your experience.

D 2020-09-30 12:37:22

Release your greed and fear of rent, and then he'll come? Wind 2020-09-30 12:37:39

Release all your feelings about the rent and then it comes.

D 2020-09-30 12:37:47

That's too difficult.

It's better
to go make money .
2020-09-30 12:38:21
The point is not about having money.
The key point is that this gives you a preview, the key point is that you see how this happens, thus dissolving many limitations.

hai 2020-09-30 12:39:33
Teacher Feng, which desire is it that you want revenge ? 2020-09-30 12:39:47
What tendencies do you feel?
Do you want control or do you want recognition?

Perhaps both are true.

D 2020-09-30 12:40:40
@Wind ? Are all emotions categorized into only three basic emotions? Are there no other categories?

Wind 2020-09-30 12:40:56
Emotions are two things that want to develop. The development process is discussed in "The Way," you can check it out.

D 2020-09-30 12:41:33
You are the embodiment of Lester Levenson (The Sedona Method) . 2020-09-30 12:41:41
No, no
I'm just a student

hai 2020-09-30 12:41:00
@Wind ? Santo Donafari said she wanted safety, but I just can't seem to grasp that feeling . 2020-09-30 12:41:27
At first, you don't need to pay attention to safety.

Lester Levenson (The Sedona Method): What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface. It's here for you to release.

You'll understand if you read Lester Levenson (The

Sedona Method)'s
original words .
Therefore, the 1992 course only taught you to be aware of the two major desires.
Release enough, and the underlying desire to survive (the fear of death) will surface and be released. Before that, you've used your entire program of wanting control and being validated to defend yourself, thus releasing the fear of death.

Fear was deeply suppressed inside.

Therefore, it cannot be seen.
So don't be misled by the later account in the book about Santo Donaf; just follow the simple process.
Several other audio clips
also mentioned this
release, but let's stop
here for now.

DMX 2020-09-30 13:14:43

Sometimes when I do release exercises, I
unconsciously hold my breath. Why is that?

Two baskets of large steamed buns 2020-09-30 13:16:28

I'm the same way; I want to control my breathing to release the wind more smoothly. 2020-09-30 13:16:57

You might be
nervous and want
to control the
process.
It's okay, just try to relax after you notice it.

2020-09-30 (New) Views on the release law fee, and Hailar's views on the release

The rules have been changed to suit promotion and monetization.

wind 2020-09-30 22:45:20

Release, release...
I have many friends in
various places who invite me
to visit every day, so my
"travel" didn't cost me any
money.
I only
paid for
the
travel
expenses
and train
fare.

leaping flames 2020-09-30 23:52:10

Charging for spiritual education courses is unacceptable . (2020-09-30 23:52:18)

Why is there a charge?
Can't release be abundant?
How can you teach others when you can't even enrich yourself?

JianWang 2020-09-30 23:56:34

@Wind , what have you
been translating lately? Wind
2020-09-30 23:56:46
I didn't translate the new one.
The main problem is that I didn't have the time.
I'll share one
translation at a
time, so if I don't
share, it means I
haven't translated
anything.
I still don't understand why
they charge for teaching the
release technique; the
process is too simple.
It can be
explained in a
few words, and
then it's just
a matter of
using it
continuously.
Unless you drag something
out of Java, you won't
expect to pay for something
useful and cherish it.
I will try my best to
obtain all the benefits
of the release method.
Tomorrow is the
Mid-Autumn Festival
night. I am on the train
back to Suzhou.
I've read a lot about religion, philosophy, and
meditation myself, but I don't talk about them
anymore because these conceptual things are often
obstacles.

When I was studying Buddhism, I was very diligent. I learned Pali and read the Pali Canon . 2020-10-01 00:11:10

Why did I let go of Buddhism? (2020-10-01 00:11:36)

Because the release method is more efficient for me.

Lester said that releasing it just once is equivalent to meditating for months, and that's very true for me.

Because that's my experience.

I used to practice Vipassana meditation quite well, but it's definitely not as effective as the release method. So I stopped caring what it was and just used what was most effective for me.

When others discuss Buddhism, I generally don't interrupt.

Because I believe that such metaphysical discussions are often pointless, the discussion should now focus on "how to ".

How to do it, how to get there

Even when studying Buddhism, it's like a raft user needing to know how to cross a river.

Moreover, I've focused my research on this area for many years; I used to be more knowledge-based.

But the insights it gave me were not as profound as the release I made in such a short time. Just be honest with yourself and you'll discover...

Am I standing still or moving forward?

When you absorb conceptual or knowledge-based information, it's easy to develop the illusion that you know a lot.

But that's just the accumulation of knowledge.
The mind cannot comprehend things outside of itself.
It merely uses existing experience to
speculate about something you've never seen
before, to imagine and simulate.
The learning of the
release method, which
truly reveals the
significant difference,
is experiential.
I've met many people who practice "spiritual meditation" and traditional religions, their heads crammed with all sorts of opinions, making it really difficult for them to progress. Today, we're discussing the translation of the starry sky.
I am grateful to the
person who spread the
Dharma early on.
However, his translations
have one problem: they
incorporate too many
common spiritual terms.
But actually, Mr. Lester Levenson (The Sedona Method) didn't like using those words.
Lester prefers to express complex concepts
in the simplest language possible; he likes
to use everyday English.
Therefore, I try to keep my translations as everyday as possible.

Try to avoid using big words.
Lester Levenson (The Sedona
Method)'s style differs from
other masters; he rarely uses
words with strong classical
religious connotations.
But their translation involved adding
those words back in, so when I discuss
the theory of liberation, I adhere to a
principle: I absolutely will not use
anything outside of Lester's system to
discuss it. All the language is his own.
I will not discuss this using
Buddhist teachings, and even though
I have studied Buddhism, I will not
mix the teachings of the two
masters.
Because I believe their
individual paths are complete and
don't require us, as egos, to
piece them together with our
minds. This is based on my
previous reading of the Pali
Canon and its English
translation.
It took seven or eight months
I find it quite strange to combine various teachings.
Does that mean every master doesn't teach a complete map and you have to
piece it together with your brain?

If you're a beginner, you can learn by
following the original release method
course and practicing directly.
After you've learned that, look at the next one.

Minnie 2020-10-01 19:16:44
@Wind Does the Liberation
Law involve religious beliefs? Wind
2020-10-01 19:16:53
Not involved
Lester said, "Don't believe what I say."
the The Way also quotes Ramana as saying that

there is no God, only yourself. Most importantly,
the Liberation Method does not impose a belief
system on you.
You release, and then gain insight from within.
This isn't like traditional
religions where you first believe
in a set of things and then you
can have them.
But with release, you will see the truth for yourself.
At that time, you were not operating at the level of belief, but at the level of knowledge.
You know that's how it is; you don't need a belief
system in your mind to believe in anything. Lester
also frequently mentions Jesus Christ.
And that phrase "I" am that I am"
This is the best verse in the Bible
that expresses infinite existence.
Let me show you from Lester's
autobiography.
Regarding the Bible

Beginning with "Genesis", the Bible is the story of our descent as God into gods, and then into man. "Revelation" is just the reverse; it tells of the seven states that man goes through to return to his God-state.

The Bible begins with Genesis, which tells the story of how we were born from God, became gods, and then became human.

The Book of Revelation is the exact opposite; it describes the seven states that a person must go through to return to His divine state.

The Bible was originally very-good, very-high and inspiring, with specific methodology, as it should be. But because it was outlawed and driven underground during the Dark Ages, and also because so many people without full understanding re-translated it, most of the methodology has been left out.

The Bible is inherently good, sublime and inspiring, and contains concrete methods, as it should. However, due to its illegality during the Dark Ages and its forced underground transmission, as well as due to numerous translations by those who did not fully understand it, most of its methods have been lost.

Where is the methodology in The Bible? That's the most important thing: How to do it! Only in Eastern teaching has the methodology been preserved.

Where are the methods in the Bible? This is the most important thing: how to do it! These methods have only been preserved in Eastern teachings.

Our Bible is also Codified. The Book of "Revelation" is code based on inspirational revelation. Even ministers who have spent their lives studying it cannot understand "Revelation", the most important chapter of the Bible.

Our Bible is also encoded. The Book of Revelation is based on inspirational recurrence. The code on the Book of Revelation (revelation) . Even pastors who have spent their entire lives studying it cannot understand the most important chapter of the Bible, "Revelation."

I've always advised people to get the Red Letter Edition of The New Testament, and read only the red letters. The Red Letter Edition has everything said by Jesus printed in red the rest in black. There you have set out the very-best of the Bible, the direct words of Jesus.

I always recommend that people get the Red version. Letter Read only the parts of the New Testament in scarlet script (Edition 1), and only read the parts in scarlet script.

This version of the Bible has all of Jesus' words printed in red, and the rest in black. This gives you a very well-structured Bible, containing the direct words of Jesus.

> In other words, modern Christianity doesn't actually understand the Bible.

Only enlightened beings can reveal the secret meaning of the Bible.

D 2020-10-01 19:27:25

@Minnie Lester also said: If you completely surrender, you can even go for coffee with Jesus. (2020-10-01 19:27:54)

Yes, Lester said that you can sit and have coffee with Jesus if you're willing. I've also studied the Bible.

However, it was purely for the purpose of knowledge learning from the Scholastic philosophical system.

Augustine,

Aquinas,

Leibniz's

Theodicy

Yogananda also commented on a passage from the Bible that Lester frequently mentions about the Hindu enlightened one.

D 2020-10-01 19:29:34

Jesus might conjure up a phone to pay the bill; I bet he'll conjure up a Huawei phone, not...

It's an apple.

wind 2020-10-01 19:30:06

Huawei phones ran out of chips, so they conjured up a new one.

Lester often mentions two enlightened beings.

One is Yogananda, and the other is Ramana Mahasi, the ancient principal Buddha and Jesus.

leaping flames 2020-10-01 19:31:17

India has a large population of Hindus and Sikhs.

Buddhism declined in India but flourished in China. (2020-10-01 19:31:41)

There are practically no Buddhists left in India; very few.

I used to care about who had attained enlightenment or not,

but now I don't care
anymore.
According to Lester, there are several criteria for complete awakening, including absolute tranquility and becoming the master or master of mind and matter.
After learning the release method, I no longer want to operate at the level of mental belief.
Therefore, I will not use my mind to consider who is enlightened and who is not.
Lester said that your infinite existence is omniscient and omnipotent, and recognizing your infinite existence is awakening. Therefore, when you are released there, you will see for yourself who is enlightened and who is not.
There's no need to judge now.

Bruce 2020-10-01 20:30:46
@风?我朋友问 释放不掉 然后那种堵的感觉在胸口越来越重
风 2020-10-01 20:31:34
情绪是什么感觉?
identify 一下
可用表格辅助

注意愤怒的情绪
然后对它使用三问句
如果持续这样做，感觉自己越来越卡住，就运用六步骤的第五步
看看自己是不是想要改变这个卡住的感受
然后问自己能不能放这个想要改变离开
看看 1992 年的释放法课程，就知道表格的用法了
圣多纳释放法 1992 年教学视频 1
是新手的话，先看看这个

Xia Shan 2020-10-01 20:41:28

Releasing the fear of death is the hardest thing. Those who commit suicide aren't directly facing death; are they truly free?

Huh?

@Wind ? Did Grandpa Lai ever talk about this issue?

wind 2020-10-01 20:44:49

I've talked about it.
Lester said that the fear of death and
the desire to die are two sides of the
same coin ; people who commit suicide do
so because of their fear of death.
Yes, releasing the desire to die and the urge to
live both stem from the fear of death, as
discussed in Part 1 of The Way.

Xia Shan 2020-10-01 20:49:53

Do people who have these thoughts of wanting to die have a deeper fear of death or have faced the fear of death more often in the past?

wind 2020-10-01 20:50:05

No
However, that might also be the case.
attachments in other audio recordings. and aversion
He said that
"craving" and
"hatred" are the
same thing, just in
different
directions.
But your "anger" is more subtle than
your "craving" because your desire for
this and that is more obvious, making
your desire to live more pronounced.
A little bit of "hatred" for being alive
However, they are two sides of the same coin and exist simultaneously.

Now we also need to confront the fear of living, which is two sides of the same coin as the fear of death. Because a large number of us want to get rid of everything by dying. So the desire to live, the desire to die, the fear of death, and the fear of living—these four things can be considered together. Perhaps you can write them down; this will bring about a shocking change in each of you.

This is Lester Levenson (The Sedona Method)'s original quote from the way This topic was discussed in section 1.

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world . Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to...

In this world.

The desire for recognition and the desire for control = the world
Therefore, the first step of the six steps can be written as "You must want freedom more than you want the world" or "You must want freedom more than you want recognition and control."

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D 2020-10-01 20:57:38

However, I want to unleash
more than just the desire for freedom .
(2020-10-01 20:58:20)
The first step
can only be to
continuously
confirm what
cannot be done at
the beginning.
But after you release it, you'll feel more free.
This more liberating and
wonderful experience will make
you want more; that's the sixth
step's facilitating effect on
the first.
Also gains Use the
book to record your
findings.
This will make you increasingly aware of the value
of freedom, and thus increasingly desire freedom.
Lester talked about this in an audio recording
about going free .
The first step might seem a bit abstract at first, but every time you let go, you'll experience what "greater freedom" feels like.
Sleep
Gradually, it will become less abstract to you.

Dream come true 2020-10-01 21:03:53
How can I release this anxiety if I
send a message and the other person doesn't reply?
(Wind , 2020-10-01 21:04:20)
What are your
feelings about it right now? (Dream
Fulfilled 2020-10-01 21:05:01)
@Wind? The
feeling of being ignored Wind
2020-10-01 21:05:58
let go of
that

feeling .
The release
method is for
feelings
regardless of
the situation.
You all have a
feeling about it. (Dream
Fulfilled 2020-10-01 21:06:54)
Is this a question or a
method of intubation? (Wind ,
2020-10-01 21:07:12)
I used a question.

I'm currently translating up to part 4
This is an advanced course.
Lester Levenson (The Sedona Method)'s speech to the graduates of "Saint-Donat"
For beginners, it's recommended to first learn how to release through the 1992 release method course.

Saint Dona Release Method 1992 Teaching Video 1
Saint Dona Release Method 1992 Teaching Video 5
Follow this
order to study
the advanced
release method
course .
Learn the basic release using the first video.
After you've mastered that, start
learning the second video on releasing
desires. Once you've learned that, use
that method to release desires.
Then, if you want more freedom, you can watch the advanced courses.

A life of freedom 2020-10-01 21:08:27
@Wind? Will I be able
to ask you again in the future?
Wind 2020-10-01 21:09:47
Feel free to ask questions.

A life of freedom 2020-10-01
21:10:19
video 5 about releasing desires?
wind 2020-10-01 21:10:27
Um
A life of freedom 2020-10-01
21:10:58
Thanks

wind 2020-10-01 21:11:01
let I usually translate "go" as "let it
leave" or "can we let it go?"
Are you
willing?
When?

The feeling is suppressed. energy
It is suppressed energy
It also wants to push itself out.
You just need to let go of the pressure,
stop suppressing it, and it will be
released naturally without any effort.

Dream come true 2020-10-01 21:12:06
@Wind? No, it feels like it's been hurting all the time. I never felt it before.
2020-10-01 21:12:32
It's not about
releasing bodily
sensations ,
it's about
feeling.

Your emotions
For example, worry, fear,
anger, resistance to
suffering, and
indifference.
Self-esteem and pride
Release these emotions

That is how it is now. 2020-10-01 21:13:14
Is it enough to simply feel the emotion and ask these three questions? Is it necessary to refer to an emotion chart? (Wind, 2020-10-01 21:13:44)
If you can't identify your emotions, you
can use an emotion chart to help you. The
reason for using an emotion chart is that
many people treat their habitual emotions
as background emotions.
That is how it is now. 2020-10-01 21:13:55
Is it possible to simply feel the
emotions and then ask questions without
categorizing them? I feel that
categorizing them would fall into the
realm of the mind.
wind 2020-10-01 21:14:03
It is possible.
However, going upstream is more effective.
This chart is an objective observation of your subconscious mind. I mean, when you work on this chart, you'll find that almost every emotion you experience daily can be found within these categories. Every feeling we have, you'll find it in these categories. Another reason we categorize it is because it really helps. When we think about our subconscious, it often feels like a dumping ground. You don't even want to see it because you've piled so much stuff there… We pile it up like a dumping ground, a garbage room… We do the same to our subconscious mind. We hold onto so much from the past, and it consciously manifests as our feelings, driving the world. Of course, another reason we don't want to see our subconscious is because it's all mixed up, and one purpose of this chart is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like

this, just as your feelings are organized and function like this. Demystify them, making it easier for you to become aware of what you're feeling right now, and then you'll start to know what to do. Now, if you notice there are many categories here: indifference, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace, and under each category are many feelings. What we're going to do in this course is that when you become aware of whatever feeling you have in the present moment, it's not necessarily indifference, sorrow… If you're not aware of it in this way , what you need to do is trace back to these categories . The reason we do this is that every time you release a little bit of sorrow, you release all the feelings beneath it. So releasing sorrow is much more powerful than releasing these individual feelings. When you trace these feelings back to this…

When categorizing emotions, if you release that categorization, you'll find that you move up faster.

This is what the course says; you can refer to it.

However, it's right to try to rely on your feelings rather than your intellect for analysis.

feel , don't think

The release method is experiential.

take

I no longer use any methods or books revised by Mr. Lester Levenson (The Sedona Method)'s students after his death as reference materials. My personal recommendation is mainly Mr. Lester Levenson (The Sedona Method)'s Sedona from 1992 . The original curriculum within the institute uses this original process as a reference.

New things

Then, combining Lester's later advanced course audio, I will only select these two types of materi

als to discuss the release method issue.

I don't agree with the books written by Haier after he established his own business entity, Larry's books, or other accounts.

I don't oppose it, but I won't take any action either.

Because the original curriculum was very concise, created by Lester Levenson (The Sedona Method) himself, it was complete, clear, and needed no additional elements.

A life of freedom 2020-10-01 21:18:40

If you don't send the original lesson, we won't be able to find it. (Feng, 2020-10-01 21:19:38)

On the pipeline

Youtube

Not available in China

This was also recently posted overseas.

Because of the incompleteness of information regarding domestic release laws, I previously went through many detours, and I hope newcomers will avoid the same mistakes.

There are no original courses taught abroad, so these must have been uploaded by former students. We should thank the person who uploaded them.

Including the person who uploaded Lester's later audio.

Because in China, "The Ultimate Path to Freedom" is used as a practical guide, but they are unaware of some of the details within it. Lester has tried many teaching methods over the past eighteen years.

However, the students did not grow.

In 1975 , he discovered the release method , finding that

one release was equivalent to
several months of meditation.
From then on, students began their growth through this release process.
Lester believes he would have grown much faster if
he had the Release Process and the six-step method
back then, so the later audio revolves around the
Release Method.
However, "The Road to Ultimate Freedom" is a collection of earlier audio recordings.
In other words, the compilation of those eighteen years of teaching that did not have a significant impact on students.
When I first learned about liberation practices, the liberation practice community in China liked to look for solutions in "The Ultimate Path to Freedom".

Law

Actually, this should be a misleading statement.
However, I found that the Lester audio after the
later creation of the release method was almost
never translated, which also led to a lack of
understanding of this situation in China.
Because there are many people teaching
in the market, and they can't all teach
the same thing, they've all changed.
The teaching of release techniques abroad is also like this.

Larry, Haier
Other reasons
for niche
commercializa
tion
D 2020-10-01 21:31:56
I don't think Larry is...
Larry is a true Lester
Levenson (The Sedona Method) student .
(2020-10-01 21:32:16)
Larry's organization sends me ads in my email every day.
D 2020-10-01 21:32:22
Hahahaha,
that's a slap
in the face!
wind 2020-10-01 21:32:56
However, Lester Levenson (The Sedona Method) has not yet discovered the release process.
That is to say, he knows how to release,
but doesn't know how to teach others to
release, because Lester said that the
enlightened one is omniscient and
omnipotent.
So he knew he
didn't need
experience.
He just knows which
is more effective
and which is
better.
Which one is

more suitable

for you to

send me ads

every day?

wind 2020-10-01 21:37:45
Lester Levenson

(The Sedona
Method) is the
best for me,
I've always
said that
because it
works best for
me.
Because I can only speak
from my personal
experience, what might
suit others could be
different.
There are
no two
truths; the
truth is
the same.
However, different paths may suit different types of people.
I cannot cover everyone based on my own experience.

wind 2020-10-01 21:48:17

Larry also set up a measuring instrument, which was quite interesting.

The iCap release measurement device is an instrument used to measure brain waves. Worn during a release, the device displays the degree of resistance. As the resistance is released, the degree decreases, allowing monitoring of the release progress. Larry frequently promotes this device in his presentations.

The measurement chart, which advertises its benefits, has had these details omitted in the Chinese translation.

resistance
I personally think it's a bit far-fetched.

When I was abroad, I thought about getting one to play with; I figured it would just be a device for measuring brainwave frequencies.

D 2020-10-01 21:59:46

How much is it? Converted to RMB? (2020-10-01 22:00:02)

have no idea

But his courses are quite expensive, so I don't think this one will be cheap either.

Lucky Star 2020-10-01 22:03:07

Has Larry achieved enlightenment? (2020-10-01 22:03:41)

Neither he nor Haier mentioned that their enlightenment course costs over $ 800 , plus the Lester audio recordings which also cost over $ 800 (on CDs).

In-person classes are more expensive .....

This is the price of the Lester series audio files sold by Larry's release agency. Most of these audio files have now been uploaded to YouTube by kind people,

so there's no them anymore.
need to buy
Nothing 2020-10-01 22:10:23
Where is Haier's
organization? [Laughing] Wind
2020-10-01 22:12:17
.....
Haier Group
sells these
books and these
two videos for
free.
The other audio recordings
have been published as
books, but we already have
all of these materials;
the first one should be a
revised version.
I've read that book.
He said he co-authored with Lester Levenson (The Sedona Method)
Basically, it's just Lester's audio recordings
with his own interpretation added at the end (the
rest is unclear).
happiness is Even
foreigners often
complain about that
book, Free.
It's said that the current San Dona institution has become a
money-making machine. maker
He felt very sad.

wind 2020-10-01 22:20:57
I've listened to everything I could find on YouTube.
This content creator
uploaded a lot of really
good post-production audio.
Two large steamers 2020-10-01 22:21:49

Did you download the WeChat official account video or screen record it? I thought it was a different version; it didn't sound like it.

So clear

wind 2020-10-01 22:22:21

That was probably downloaded and added by the group admin; I translated it directly from YouTube. (2020-10-01 22:23:31)

There's also a film about Lester Levenson (The Sedona Method) made by one of his students, which is about a journey, but there's no complete version.

wind 2020-10-01 22:23:52

This wasn't the way things were.

This should be translated as "complete the entire journey".

go all the way

This is something

Lester Levenson (

The Sedona Method)

often said: "Go all

the way."

Nothing 2020-10-01 22:26:40

Lester Levenson (The Sedona Method) leave in 1994 ?

wind 2020-10-01 22:26:47

Um

Nothing 2020-10-01 22:27:15

It was modified in such a short time.

how much Buddhism has been modified over 3,000 years.

? ? ? 2020-10-01 22:27:45

I'd like to ask if there are any books written by Lester himself. [Poor thing] (2020-10-01 22:28:00)

Lester only wrote one

autobiography and another

book, *The Ultimate Truth*.

He didn't

write any

books later

on, only

audio

recordings.

However, the release method is

his unique and most highly

recommended method; I rarely see his earlier teachings now.

I read it so many times before that I could almost recite it from memory.

Kuang Bo 2020-10-02 08:27:08

I'm planning to buy Lester Levenson (The Sedona Method)'s foreign audio style . (2020-10-02 08:37:49)

Please check if there's any new content after you buy it.

The audio collected by the group owner is mostly incomplete, only about ten minutes long.

There are a lot of audio files uploaded to YouTube, but there should still be some that haven't been uploaded yet; it would be great if they could be released.

The matter of collecting information is left to chance.

Edited by Omi on June 22, 2022

Wind’s（Feng）talk on Lester Levenson（The Sedona Method）

Chat Log 2

October 2020

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2020-10-02 (New) Feng has finished translating the advanced materials, as well as the summary of the release process.

Knot

Daluzheng 2020-10-02 08:47:11

@Wind? If a close relative or friend is sick, and they don't feel anything about the release method or are unwilling to practice it, is it possible for me to help them through the release method?

Wind 2020-10-02 08:47:25

You can release it yourself.
You can release their
illness, Lester said.
There is nothing outside, only your picture.
You don't need to believe him, just give it a try.

D 2020-10-02 08:50:18

When others take photos with Lester Levenson (
The Sedona Method) , he's never in the final
picture. He said: This is enough to prove that
everyone has a uniquely projected world.

Daluzheng 2020-10-02 08:58:30

@Wind ? Are all the procedures the same? How do I feel about my good friend's illness?

Then…

Wind 2020-10-02 09:01:46

The operating procedure remains unchanged.
Until you "see" him as perfect
What I mean is, once you've completely let go of it, you'll know it's already yours. This is covered in the advanced course.
the The way is in

Wind 2020-10-02 11:00:16

早As long as the data is
released and controlled,
and because of security,
you can't see it.
He actually prefers to use the word survival,
or the fear of death, to describe how you are
on guard.
Prevent that fear of death

from being seen by you because
you believe it equals real
death.
Only after releasing enough of the desire for control and identification can you touch upon the fear of death, and only then can you release it.
Therefore, the original six-step
process only includes control and
identification , without adding
security.
World =
Identification and Control
Kuang Bo 2020-10-02 11:03:45
There's
still a sense of
security in the air.
(2020-10-02) 11:04:03
A sense of security is not
Lester said the world equals recognition and control.

Because the fear of death itself
does not belong to the world ,
but it is the most fundamental
driving force behind all your
emotions; all emotions are
survival programs.
If you truly feel it, then you can
release it. Once the fear of death
is released under control and
acceptance, it ends.

Lucky Star 2020-10-02 11:10:22

I think the hardest thing to release is a sense of security.
In reality, our pursuit of money and
health is all for a sense of security;
fear is our deepest, most fundamental
energy.
The good news is that most of the funds released in four months have been used up, with only a few remaining. These will be released by New Year's Day.

That's it.

The more you release, the smaller your false self becomes, and the more your true self manifests. [Strong]

Wind 2020-10-02 11:14:32

That shouldn't be the case. If you see the fear of death,
you'll be free after just a week or two of release.
completely free
The whole mind is released
The fear at the emotional level, driven by the
desire to control and validate, is not the same
as the underlying "fear of death."

Wind 2020-10-03 07:10:48

There's one last part. 6. I'll just do it all at once.

Lester Levenson (The Sedona Method) : Our basic philosophy is very simple: each of us is limitless, except for those we psychologically maintain. When you release psychological constraints and limitations, we discover that we have always been limitless. We have always been omnipotent, omniscient, and perfect because our fundamental nature is perfect, and we cannot change it . Except by constantly turning our heads away, "It's there, it's there," "Who am I, who am I," like a

drunken man trying to discover who we are and what we are. Then, a part of us—we call it the mind—blinds us, preventing us from seeing that our limitless existence is inherent and natural. The mind... 24 hours a day, we unconsciously search for absolute safety in the outside world, but it's not there. So everyone unconsciously occupies their time in the wrong direction every day. twenty four For hours, we search for where we are, who I am, what we are, and where our safety lies. A direction that is 100% hopeless and full of frustration. If your fundamental nature is complete , whole, and eternal, why do you spend so much time every day struggling to survive? A nicer way to put it is ignorance, but my honest opinion is that any intelligent person would say, "My God, if I knew that, I would become it right away." Becoming who you are takes no time. Becoming who you are requires zero effort. But becoming who you are not, becoming limited, takes endless, strenuous struggle, unhappiness, and frustration.

Now, all of you have heard what I've said. How many wise people in this room have let go of the struggle and simply allowed their infinite existence to exist? That way, you would have an effortless, utterly joyful life in every moment. How many of us have done this? You choose to suffer, you choose to do the most foolish things in my eyes. If you can have anything with just a thought, what is the point of all this struggle? I call you foolish because it might help you. Is there anyone here who doesn't want to be wise? So, be wise ! If you need the world, operate through effortless thought, allow it to fall onto your knees, and let go of all your pain. It's simple, it's easy, it's quick—if you do it. If you don't, it's complex , extremely difficult to reach, frustrating, and painful. But the choice is yours. You can become who you are now, whole , complete, perfect, or you can choose to look elsewhere, one day. twenty four Hours. So what will we do in the next one to two months? Choose to be smart or choose to be foolish? I will give you the answer, and I hope I am wrong : I think you would choose to be stupid. But I can't figure out why you would choose to be stupid. Because the first thing I realized in my search for the answer was that I was stupid. I've said it more than once, I've said, "Lester Levenson (The Sedona Method) , you 're so stupid! Stupid! Stupid! Stupid!" I said it three times. I'm serious. So, you hear me talk about stupidity, and I don't want to be stupid; that was the key to changing my direction. The next thing, of course, was to look in the right direction. I realized that what I had spent forty years trying to find out on the outside wasn't there. It was at the very bottom. So there's only one direction left: inward. What am I? What is the world? What is my relationship with it? What are these questions about? After I asked the question, the answer came. After everything is finished, I can see my steps. I've packaged it into this method, which is a very effective technique, but you only use it partially and minimally , not completely and to the maximum extent. If you use it to the maximum extent, it will only take you a few months, and then you will no longer feel oppressed.

The only thing standing between you and your ultimate existence is your repressed feelings. So, naturally, make the decision, stop being foolish, become wise, and release all these repressed feelings. Within one or two months. I don't think I could give you any better revelation than this. I could say you could do it in a century or two, but why not now? You are infinite now, so why not just let them go? Release them all.

The coverings, they're all in your feelings. Is there any problem with what I said? I've said what I needed to say. Student: (Inaudible)

Lester: Yes, I walked around with a nice smile on my face, and gave everyone who came by a hug. Then I said I belonged to a spiritual organization, and then… blablabla , these were all excuses for the action. You'd find me moving almost steadily through metaphysical communities. St. Donatello is a very…

Good places to gather, but it's everywhere. They really can be summed up in one word: pride. Metaphysical , spiritual people are obsessed with pride: I know more than others, I'm closer to God, I know where the vortex of energy is. But that's wrong. All the vortexes of energy are in your eyes. I guess someone took me to some vortex . I was walking with Zara , and I said, "Where is it?" She said, "You're right there." I said, "Where?" She said, "On the stone." But that's wrong, my God. I wanted to experience it, but I didn't get any feeling from the stone. Those stones are in your mind, and you believe them. That's true. All the power in the universe is in your eyes . You say, "I," "I am," don't give it to the stone. You'll be between the stone and the hard place. (Laughter)

Did I answer your

question? Student: (

Cannot hear clearly)

Lester Levenson (The Sedona Method) : Release your feelings of non-love. Your fundamental nature right now is Christ-like, which is the nature of everyone, but it's covered by a veil. It's covered by a veil—feelings of non-love. For every thing you don't love, there's a feeling of non-love. So you must let go of all those feelings, and what's left is pure love. You don't need a PhD to understand these things; in fact, they are wrong, decorative, because they try to grasp them through the mind , and the mind is an obstacle. The mind maintains all limitations; in your being, you are limitless. I said , "Are you?", you said, "Yes," and I said, "Then that's it." Why all the trouble? It became an extremely restrictive chassis. Have I answered your question now? Do you have any other questions?

Student: (Unable to hear clearly)

Lester: Don't let it go. (Laughter) You say you're going to do this and that, but you can't let it go, so why not let it go? Okay , you want pain, you want to hold onto these feelings, God bless you, what else can I say? But that's the answer. Whatever questions you want to ask, ask me now.

Student: (Unable to hear clearly)

Lester: Talking about it is a substitute for doing it. And that's what you allow yourself to do. That's why I say don't release. Suffering, that's terrible! He might suffer instead of getting angry and wanting to kill me, because he knows what I mean—it's a choice: suffer or become your ultimate happiness—that's your fundamental nature. The existence here is the existence of God , the infinite existence of God throughout the entire universe. Therefore, your existence must be included. When you identify with your existence, you identify with your part of God, you become God. Can God do what you want? His secret is that he has a larger bank than he claims.

Student: (Unintelligible) ...I spent a long time searching, asking myself who I am, and then I got to the place where "I am," even though it was through my mind, even though it was through my understanding, because...how can I do it in other ways?

Lester: Do you have that release technique? When did you finish that course? Student: January.

Lester: Okay , you should be free now. I said it would take you three months, or less, if you " follow " the six steps. I know this because it took me three months, and I didn't have the six steps. They developed as I went along. I think if I started with the six steps, I could finish it in a month. It doesn't take time because "you are that." You are that limitless being, it is where it is, it is your being. But you are fully engaged in being a body. Use a method to quiet your mind, and your true self is very clear to you, that's the fact, you are limitless. It's just your feelings that accumulate "I can't." Using claims is trying to further program, first the good things, then the bad things come out. This gives you more

The procedure you need to get rid of. In short, it probably won't work for everyone except 5% . Does it work for you? Student: (Inaudible)

Lester Levenson (The Sedona Method) : Okay , Our physical therapy is certainly better than physical illness. But the way you deal with it is the most limiting way possible in the universe. You have a physical body, you acknowledge it, and then you imprison yourself in it. So, the "claim" works, it superbly keeps you bound, you're cycling in circles. Release your body , and then with just one effortless thought, your body will be perfect if you desire a perfect body . The body is an exact replica of your mind, and the mind is the sum of all your thoughts and feelings. So let go of all your feelings, your mind will be still, and you will remain in the infinite existence you are, conscious of it. Simple. It's very easy if you do it. It's impossible if you don't do it. Any other questions? OK ,

So, the sermon is over. The only thing you need to do is release.

the "the way "
series is now complete. 2020-10-03
10:21:07

Thank you,

wind ! 2020-10-03
13:28:30

You're welcome

In the end, let's go back to
letting loose.

You're welcome, but please note that Lester's audio materials are for advanced courses and cannot replace the release method.

Basic process

释放情绪的流程
第一步：允许自己感受当下的感受，并上溯到情绪状态（冷漠、悲苦、恐惧、贪求、愤怒、自尊自傲）
第二步：问自己，能不能放手让这个感受离开？ 愿不愿意？ 什么时候？

第三步：看看自己现在是什么感受，并重复前面的流程

I've summarized it.

释放欲望的流程
第一步：允许自己感受当下的感受
第二步：注意它是来自想要认同还是想要控制
第三步：你能觉察到这个想要控制（或者想要认同）吗？ 你能放它离开吗？
第四步：你还有没有剩余的想要控制（想要认同）呢？ 你能对此更有觉察吗？ 你能放它离开吗？

重复地觉察和释放，直到你完全自由。

This also summarizes the process of releasing desires, which is the guided process shown in the video.

On October 2, 2020, the wind began to disperse and then continued to release its power, achieving incredible results in just a few days.

The experience of release has become the norm.

Wind 2020-09-30 19:29:40

The feeling of release is very special.
Suppressed energy leaves the body, resulting in a more pleasurable psychological experience.
move up
Move upward
It will at least generate feelings of fearlessness.
Very clear
Therefore, the release will not be confused with other experiences.

Stars 2020-09-30 19:29:46

In this audio, Lester keeps talking about releasing the "tendency." What does this tendency mean?

Wind 2020-09-30 19:48:26

Tendency should be desire

unintentionally said something like ″the tendency to want to identify.″ 2020-09-30 20:04:18

@I am Infinite ?@Wind ? Could you please tell me how Lester handled the ″discard″ mentioned by Wind ? 2020-09-30 20:04:32

It is to release Wuxin 2020-09-30 20:04:35

Is there a process for discarding ? 2020-09-30 20:04:51

No, the procedure only came into being after the invention of the release method.

Wuxin 2020-09-30 20:05:47

How to discard it? I think there's no question about that.

Is it true that we discard feelings,
emotions, and desires like garbage ? 2020-09-30 20:07:04

Why don't you release it?

Lester said the release process was the
most efficient technique he had ever invented,
unintentionally. 2020-09-30 20:08:23

I feel that
discarding is faster than
processing . 2020-09-30 20:08:40

The previous instructions weren't helpful. Lester says the release method is the fastest way ; it's up to you whether you believe Lester.

Wind 2020-10-02 10:43:20

Actually, what Lester meant by "advancing" was probably achieving those specific goals and getting those guidelines. everything you want by releasing only go directly to fear of dying

Simply by releasing yourself to get everything you want , or by directly releasing your fear of death.

There are several guidelines

Achieving any one of these
steps can quickly lead to self-freedom .
2020-10-02 10:53:59

This direct and continuous release of the desire for change allows various inner emotions, desires, and feelings to rise to the surface, until finally only the fear of death remains, which also rises and departs. This is direct release. It's a method for releasing the fear of death. It doesn't require triggering it through other means or through imagination.

Wind 2020-10-02 10:56:57

Yes, just release the stuffiness .

post graduated way

Still on the train

Then release for a while

Afterwards, I plan to go
into seclusion for a
period of time to pursue
my goal of freedom.
See you after you leave the customs area

Nothing 2020-10-02 11:38:28
Translate a few more
documents before going into seclusion
[grinning face] 2020-10-02 11:45:53
Release can't be delayed! The existing data is
actually enough [laughing emoji]. I'll continue
translating after I get out.

Wind 2020-10-03 00:28:50
I think I should still put the After translating "way" ,

I just listened to
the last two parts
again.
I listened to
Beingness again and
it was very
inspiring.
I think this information should be
shared first. I also listened to
"Happiness is Love" again.
This is actually Lester recounting his own awakening process.
The blueprint for "A Love Story" should
be this audio file and " Get High to
Release" .
These teachings are all
so great because I was
out there translating
them on my phone.
Okay, the The Way series translation is complete.
Lester Levenson (The Sedona Method) 's
beingness , which I translated later, was
also very good.
Lester Levenson (The
Sedona Method) 's
teachings were concise,
powerful, and simple.
Whatever your feelings are, it's a desire for
control or a desire for identification. The desire
for acceptance and control stems from a fundamental
need to ensure your survival as a body, driven by
the deep-seated fear of death.
Regardless of how you feel, that's how it is.

I'm releasing in concentrated bursts; each time I do, I only need to sleep for less than four hours as the flames leap. 2020-10-03 10:25:15

@Wind ? What does concentrated
release mean, and how is wind generated?
2020-10-03 10:25:36

Oh, what I meant was doing nothing but
continuously releasing leaping flames. 2020-10-03 10:26:49

this directly release
the three basic desires? 2020-10-03
10:27:09

Yes, identifying two is enough.

The one below will pop out by itself.

The way things ended up back
to square one; all you had to
do was release.

Release, just
release, following
the six steps.

We'll reach the finish line soon.

You expect Lester to say something else to satisfy your craving? He won't.

big bite instead of a bit bit

Take a big bite; don't keep taking
small bites— make this method the
most effective.

D 2020-10-03 12:41:18

@Wind ? What to do about feeling numb and emotionless? Actually, you're dissatisfied with "something," but you have no emotion or are unaware of it.

Wind 2020-10-03 12:41:39

This is also a kind of emotion.
The Way 1 , Lester specifically discusses the issue of ambiguous emotions, suggesting that by releasing and changing vague feelings, the feelings will become clearer.
This is actually the fifth step of the six steps.

D 2020-10-03 12:42:46

Lester Levenson (The Sedona Method) said it would take a month to complete the entire journey, but I didn't see anyone, or even Lester Levenson (The Sedona Method) 's close associates.

Who has reached that level?

Wind 2020-10-03 12:42:59

Others are not important
The important thing
is that we make sure
Lester's teachings
are sufficient.
You don't need to wait for another person to be free.

D 2020-10-03 12:46:21

@Wind ? I 早just want to go and let loose like Lester , but if I stop working , I won't be able to pay my rent or afford food .

Wind 2020-10-03 12:47:29

The release method can be used in front of or behind others.
You can't force an isolation process ;
it won't work. D 2020-10-03 12:47:45

The problem is, having your phone around is such a burden! Every time I try to calm down and relax, my inner self always says to me: "Oh my God! Dude, let's pick up our phones and play a game of Connect Four first, shall we?"

Wind 2020-10-03 12:47:45

Lester Levenson (The Sedona Method) said
Because your karma will drive you to act.
Therefore, trying to remain
inactive is useless; only
releasing is useful.
only releasing help
You are driven by feelings because you don't
want to see those feelings , but you have a
choice.

We have
methods
and
release
procedures
.
It’s actually not difficult at all.

释放情绪的流程
第一步：允许自己感受当下的感受，并上溯到情绪状态（冷漠、悲苦、恐惧、贪求、愤怒、自尊自傲）
第二步：问自己，能不能放手让这个感受离开？愿不愿意？什么时候？第三步：看看自己现在是什么感受，并重复前面的流程

释放欲望的流程
第一步：允许自己感受当下的感受
第二步：注意它是来自想要认同还是想要控制
第三步：你能觉察到这个想要控制（或者想要认同）吗？你能放它离开吗？
第四步：你还有没有剩余的想要控制（想要认同）呢？你能对此更有觉察吗？你能放它离开吗？

重复地觉察和释放，直到你完全自由。

Someone in the next group just asked about the basic process, so I've summarized the video content briefly. The video's guidance is like this.
This process can be referenced.

Wenmin 2020-10-03 14:22:58
Is anger a combination of both?

Wind 2020-10-03 14:23:26
All of them have both.

Emilie 2020-10-03 14:23:40
I feel that the translation of "indifferent" is not quite accurate.
Personally, I still prefer the translation of the emotion chart recommended by Feng as "utter despair," which is more accurate.

Wind 2020-10-03 14:28:29
In the videos I watched, they often used "powerless" to refer to being powerless.

Fangfei 2020-10-08 11:02:22
My face has been numb ever since I released it. Will I feel that numbness again if I release it again?
Facial numbness started yesterday; I've never experienced this before . 2020-10-08 11:02:45
If it bothers you, then let go; let go of that desire for change.
Not to release facial numbness
You want to control, become aware of it, and release the desire to control.

Fangfei 2020-10-08 11:03:30

I need to experience this more before I can change it.

I just asked myself—can I release the desire to change my numb face right now? —that's what I asked.

Okay?

风 2020-10-08 11:03:56
想要改变也是一种感觉
feeling
感觉这个想要改变然后放它离开
对死亡的恐惧也只是一种感觉莱斯特说的
我只是复述

Fangfei 2020-10-08 11:05:17
But I just realized that wanting to
change is a feeling; it used to seem
so abstract.
Wind 2020-10-08 11:09:23
Yes, you can't manipulate abstract things.
The driving force behind everything is feeling.
survival programs
Survival Program
Wenmin 2020-10-08 11:21:09
The desire for change carries a sense of
anticipation and urgency; a certain eagerness to achieve it.
(Wind) 2020-10-08 11:22:28
Actually, it might be clearer to
put it another way:
anticipation and eagerness are
emotions.
They were all driven by a desire for change.
Once the desire for change is released,
the emotions of these individuals will dissipate like
fragrant blossoms. 2020-10-08 11:26:31
Is desire deeper than feeling?
I can release my feelings quickly each time, but everyone talks about releasing the three basic desires behind them . I'm a little confused about whether to release feelings or categorize feelings as desires.

风　2020-10-08 11:27:16

莱斯特的理论

你想要作为一具身体生存，于是发展了对死亡的恐惧这是所有情绪的最底层驱动

所有的欲望

为了保障生存，你发展了想要认同 为了想要认同，你发展了想要控制所有情绪都是想要认同或者想要控制所有思想都被情绪驱动

因此，整个心智的结构，就是这样的：

“对死亡的恐惧（想要生存)——想要认同——想要控制——九大情绪状态——具体感受——思想——世界”

前一个驱动后一个

底层释放掉了，被它驱动的那个也被释放掉

Developed

If you feel there's a problem, it's definitely because of a suppressed desire—a desire to control your actions.

Once you release the urge to control, you stop suppressing it.

The underlying desire for acceptance and survival will then emerge.

However, if the underlying desires for recognition and survival are not released, the desire for control will continue to be suppressed.

T
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inuous release is key, allowing the release to occ

ur again and again. Once you reach a deeper level,

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There is a desire to change and then release that desire to change.
If enough is released, it will ″ float up and float out″ like waves, as Lester said.

This time I went into seclusion for two days.
I'm so excited!
Being able to use all six steps is considered advanced.
Alai's advanced course is basically just repeatedly explaining how to practice the six steps.

D 2020-10-08 13:13:09
@Wind ?How to release the pent-up energy?
Did Lester provide any specific details regarding using confinement to resist release? (Wind)
2020-10-08 13:14:27
Yes, when your ego resists, you want to sleep or do something else, but you don't need a special method to release the tension.
If you want control, then release it.
D 2020-10-08 13:21:22
@Wind ? Tell me about your experience of closing your eyes. 2020-10-08 13:32:02
No particular thoughts, just had a blast.
Continuing to release will give you the motivation to release even more.
Go to higher
This kind of high is basically something that cannot be described or

imagined.

Yitian 2020-10-08 13:34:29
@Wind ? How to release
hunger? Wind 2020-10-08 13:35:00
For any feeling that makes you uncomfortable,
you can release the urge to control or change
that feeling.
Becoming aware of
this desire to change
Let it surface,
release it.

I often release feelings of
hunger and drowsiness . 2020-10-08 13:36:06
Want to unleash your
high ? @Fengfeng 2020-10-08 13:36:30
want
Lester Levenson (The Sedona Method) said, to get high to release
To continue releasing that
high feeling , you can still
eat.
As for sleeping, by the third day I
had no sleep at all and was full of
energy, not sleepy at all.
The era of the Internet of Everything 2020-10-08 13:39:12
I want money. Can the money
come to me automatically?
How can it come to me
automatically?
Wind 2020-10-08 13:39:51
Will
rele
ase
It will
automati
cally
release
complete
ly.

The era of the Internet of Everything 2020-10-08 13:41:09
Do you have any
practical
examples? Could
you share them?
Instantly
wind 2020-10-08 13:41:35
Too many
I can't think of anything to share right now.
speaking to one of his students, Michael.
You've reached the point where you can
create whatever you want, but why haven't
you reached that materialistic stage?
That is, the stage of the astral realm.

He said to continue releasing, and then you arrived.
You can instantly manifest matter,
instantly make matter disappear ,
and you can teleport .

Huixuan 2020-10-08 13:44:07

We probably couldn't call for help then, right?

2020-10-08 13:44:25

Still a person
However, the limitations of the
material world have been lifted
on three levels.
physical level, that is, the
creation of the material world
is delayed.
You have an idea, and it takes some
time for it to happen, which is why
the world seems so complex.

Astral , you only need to think, and things
happen immediately. On a casual level, as
long as there is a desire, it is immediately
satisfied in the formless realm, the form
realm, and the desire realm.
the casual world are non-material.
Astral 's body is composed of pure photons.
Therefore, it immediately takes on the form you envision once you've thought of it.
Physical matter is frozen
energy ; it delays the
occurrence of events.
You inherently possess a
combination of these
three bodily thoughts .
The mind is nothing other than the
collection of all thoughts. Release
the mind, and what remains is
infinite existence.
When you accept your own infinite existence, if you desire a
body, you can instantly create a hundred, but you will not
identify with any of them as yourself.
The above are all Lester Levenson (The Sedona Method) 's original words.
Yes, once the entire mind is freed, what
remains is infinite existence—it's that
simple.
Release it, see what
happens, see what comes
next.
release all feelings your mind quiet, that's it
Yitian 2020-10-08 14:01:18
@Wind ? How do you release
this higt ? Wind 2020-10-08 14:03:26
It 's just let go and let go ,
nothing special. 2020-10-08 14:05:51
The key is to realize that it's
just a feeling, right? (Wind) 2020-10-08
14:06:30
Um
Once you realize it's a
feeling, you can release Yitian.
2020-10-08 14:08:50

Has anyone seen Lester's comb?

@风风 2020-10-08 14:10:26

not yet

I plan to

continue

getting some

fresh air

today.

Qian 2020-10-08 14:59:56

"The desire to live, the desire to die, the fear of death, the fear of living—these four things," said Lai.

Ster's original words

Wind 2020-10-08 15:04:39

This is something

. same The fear of

dying

Once released,
it's over. These
four are the same
thing.
The fear of death manifests in these four ways.

有时候你想要去死，有时候你想要活着
，有时候你恐惧死亡
，有时候你恐惧活
着。

death" (the desire to survive) . 2020-10-11
17:39:20

1992 course, consisting of eight videos, represents
the entire curriculum taught at the Sedona
Institute.
The last four videos, in particular,
demonstrate the simplicity and efficiency of
releasing the three major desires.
I know many people find the later process effective, but I guarantee
the original method is more...

It works

看看现在的感受，
当下唤起的是想要控制还是想要认同？你能觉察到它吗？
你能允许它被释放吗？还有更多吗？
能够允许它被释放吗？

keep pushing themselves
forward like waves.
And each time the desire to be released is fulfilled, countless
emotions clinging to it dissipate.
"make release constant" mean?
(Literal meaning)
Release occurs continuously, as
naturally and wisely as breathing. 2020-10-11
17:45:20

Why doesn't Mr. Lester Levenson (The Sedona
Method) just write a detailed book on the release method
himself ? 2020-10-11 17:46:06

He teaches you through
courses, showing you
how others do it.
Let someone just like you and me do this

to show you how simple release can be.

For those learning from home, those eight videos are the best course. We really don't need any more content for this method itself.

All the tools are there.

Wisdom's Guidance 2020-10-11 17:47:54

Feng have any plans to start going vegetarian? 2020-10-11 17:48:22

I've become a vegetarian.

What I'm experiencing now is something I've never experienced before. To avoid influencing others, I won't go into further details. But let's continue to release it.

The scene that follows is unimaginable. Take a breather, then continue releasing...

Huixuan 2020-10-11 18:26:18

Is it that before you even have time to feel your emotions, they've already been released into the wind? 2020-10-11 18:26:59

That's pretty much it; desire disappears at the slightest touch.

As the release accelerates, you'll feel the previous high points, and you'll suddenly become aware of your actually very low desires.

Huixuan 2020-10-11 18:30:08

When emotions are gone and beliefs are gone, there is emptiness. ego would want nothing at all. 2020-10-11 18:32:21

This cannot be imagined with the mind.

I wanted to let it all out in one go, but I just couldn't sit still, so I went for a run on the bridge.

Too much unnecessary energy

This should be the enormous energy released.

我到后两天才明白持续释放是什么意思
基本上每一次释放就会带来一次很充沛的能量释出

Ju Ting 2020-10-11 18:43:41

@Wind ? Are you releasing all the disharmonious energy in your life? Or are you truly targeting certain people and things?

Specific events

Wind 2020-10-11 18:45:22

three desires

Because you live in a

constant state of wanting,
and as soon as you've had
your fill, another one
comes along.
After one was
released, another Wenmin came.
2020-10-11 23:35:45
I deeply admire the wind; I long to
reach that level too. (Wind) 2020-10-12 00:17:17
As long as the method is used correctly, it will work.
ZOEY 2020-10-11 18:47:48
After the release, does the frequency and intensity of externally triggered emotional desires change?

Wind 2020-10-11 18:57:57
That's not how it's said.
I'll explain in detail when I get back after my run.

风 2020-10-12 00:23:07
这个问题是这样的 认
同和控制就是世界
对世界有强烈的贪恋和厌恶
它时时刻刻都发生，我就在这些想要中就
像鱼儿在水中一样
但如果你决定持续释放，你来一个放走一个很快
你会发现你身处于这个欲望大海中
如果你持续释放几天，你就会非常非常宁静
在这个宁静之下，有很多强烈的欲望会很明显地浮现出来被觉
察到时，它只是一下子被释放
释放成为常态
是因为你发现了你把它压抑在下面是不自然的一直
在无意识压住它
而这是一个根深蒂固的强有力的习惯
当释放了足够多的想要控制，这个习惯也就随之失去力量越倾
向于自然地释放
释放到一个点的时候，有那么一刻，突然感觉到身体不是我它只
是在动作，但是却没有一个自我在里面运作
但这个对身体的认同马上就又回来了与
此同时，我察觉到那是想要控制 这个
想要控制就被释放了
下面的经验,我的直觉告诉我不适合讲出来我
继续释放去了

Yitian 2020-10-12 06:02:14

It seems that at the advanced stage, one can release the awareness immediately. But why is it that at the beginner stage, even though one is aware of the awareness , one cannot release it immediately and has to repeatedly ask questions?

Wind 2020-10-12 06:31:58

Just like the analogy I just mentioned

Fish that are used to the ocean will not realize that they are in the water.

Because the habit of repression is a strong tendency, it is necessary to consciously become aware of it through questioning and to make decisions to release it.

But when you reach a point where this deeply ingrained habit has been released, then releasing this natural tendency itself becomes your habit.

At this point, it becomes easy for you to make releasing the burden a regular occurrence.

make it constant

In Lester Levenson (The Sedona Method) ’s words, you just watch it floats up and floats out

Watch those restrictions rise to the surface, and then rise back up.

you just sit back watch it floats up and floats out
The complete answer is like this:
However, before reaching that point where the habit
is reversed, you must consciously do so, otherwise
you will be dominated by the habit.
This is why processes are important.
This is roughly how the process of releasing desire works.

2020-10-08 (New) The clearest explanation of surrender as not the method of release, and insights gained after five days of continuous release in seclusion: One day of continuous release is equivalent to your intermittent release.

Released for several years

Group member 2020-10-08 09:58:43

I'm stunned. What's the difference between acceptance and release? Acceptance is release, just different ways of saying it. Acceptance stems from emotions and beliefs; this "self" doesn't truly exist, so it's about allowing things as they are. It's acceptance through "witnessing."

Under the "witness" framework, acceptance and release are the same thing.

Any tool, no matter how powerful, only allows you to step outside your role and understand "who I am," ultimately leading to surrender . 2020-10-08 10:00:50

If you think they are the same, it means that you have not only not entered the basics of the release method, but you have also never truly released anything, and you have been severely brainwashed by other methods.

Go find out what Lester said. If Lester said acceptance is liberation, then I think if you can't find it, then maybe you should reflect on whether you've been too presumptuous.

Wind 2020-10-08 10:04:05

Two quotes from Lester Levenson (
The Sedona Method) can resolve
this argument quite clearly.
Everyone can take a look.

There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like : " Get to the place where no one and nothing can

disturb you . ” When someone disturbs you and you don't know why , the thought is subconscious. Bring up the thought. By constant trying you will develop the habit of actually getting it up ; you'll see that there's a limiting thought , an ego or selfish motivation behind it and you'll drop There are many ways to do this . The booklet *Eternal Truth* introduces some methods, such as ″going to a place where no one or nothing can disturb you.″ When someone disturbs you and you don't know when, that thought is a subconscious thought. Pull that thought out. Through consistent practice, you will develop the habit of digging out subconscious thoughts, discovering that behind a finite set of thoughts lies the ego driving them, and then you will release it.

Q: Is just seeing the subconscious thought or motivation Enough?

Q: Is it enough to just see subconscious thoughts or motives?

Lester: Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative.

A: No, that's not enough. You also need to consciously release it or consciously eliminate related habits or quirks. I am...

Suppose you want to release these thoughts because
they are limited and negative. This is
from *The Path to Ultimate Freedom*.
There's also a segment in the later
audio recordings about beingness , featuring Kuang
Bo. 2020-10-08 10:07:06
I listened to Larry 's recording; his students were trying to release
their fear, and he told his students to accept this.
fear,
Wind 2020-10-08 10:07:27
The second part I want to
talk about is about this cat. 2020-10-08
10:08:05
The student asked him why her friend experienced those things,
and he said it was because he hadn't surrendered to the truth—
wasn't that written?
I find it strange that Lester Levenson (The Sedona Method)
keeps talking about surrender and has even written testimonies. I'm not
the author of this article . 2020-10-08 10:09:23
no
The proposition of surrender
let go and let god
However, the way to put it into practice is by
constantly releasing trying... to do nothing
doesn't help
only releasing help
Because your karma is
pushing you to release the
Dharma, don't emphasize
surrender.
Because the teaching methods in "The Path to
Ultimate Freedom" do not keep students' progress
simple, they are the path...
But acceptance is possible.

I'll end this debate with
Lester's exact words; there's
no need to argue anymore.
The audio is here.
Members of the
Beingness group 2020-10-08
10:16:32
Didn't Lester often say, "Let go and let God take over"? Isn't that surrender ? 2020-10-08 10:16:56
No, regarding the matter of surrender, Lester
later only spoke of surrender through release,
but I need to discuss the aspect of
"acceptance."

beingness says.

当你释放一个很长时间的习惯时莱斯特举的例子是
抽烟
他首先让学生先去 accept to smoke
接受抽烟
也就是说抽烟是 OK 的为什么呢
莱斯特后面解释了
因为如果你认为抽烟是不对的，你甚至没办法开始去想释放它这件事所以在释放之前
accept 这件事，确实是莱斯特本人说的
但是不是用 accept 代替释放
是在接受这件事之后，面对它，然后释放

Post-audio beingness part 1
I don't think there's much to
discuss about surrender .
Without releasing, you can't
surrender.
What he meant was that if you don't accept it,
you can't begin to release it. For example, if
you think smoking is wrong, you simply don't want
to watch it.
You have to treat it just as a feeling
okay to accept smoking .
Only then can you let your emotions surface.
" surrender" does not mean what we usually understand it to mean.
let go and let god
But if you don't release it and say, "Let
God do it," you won't succeed, as Lester
also said.
Why?
Because Karma is manipulating you.
We don't need to discuss how to let God
do it; we just need to free ourselves
and move away.
It is not a law of entrustment
There is no "entrustment" to do.
Because when you want to "surrender," you haven't actually
released the desire to surrender. How should we understand this
theoretically?
Kiss theory:

Keep it simple

When you find yourself stopping releasing,
it's another issue if you haven't followed
the six-step acceptance process.

In other words, if you don't accept smoking, you might end up fighting with the idea that "smoking is wrong."

fighting for

It means releasing a long-standing habit; you
need to accept it first because your tendency
to avoid it is quite strong.

The release process does not involve accepting emotions.

What Lester was actually saying was "accept the event and allow emotions to surface."
let it up, let it go

Wind 2020-10-08 10:36:07
I remained in seclusion for five days, releasing my inner energy. 2020-10-08 10:36:17
What do you think? Share your thoughts. 2020-10-08 10:36:57
By the third day, I didn't need to sleep anymore and was full of energy.
But on the fifth day, I couldn't help but glance at my phone again.
Two large steamed buns (2020-10-08) 10:36:26
I tried to release my pent-up emotions for a long time yesterday, but I kept getting stuck. I also tried to release the desire to change what was stuck , but I just couldn't let go. It felt like all those feelings were still churning within me, and I was still trying to let go.
Wind 2020-10-08 10:38:07
Yes, this happens quite often.
Getting stuck is also a long-standing habit for you , Kuang Bo. 2020-10-08 10:38:35
Allow your emotions to surface, face them, accept them, and say yes to them —that's roughly the idea . 2020-10-08 10:39:02
Not accepting emotions It is about accepting a habit
Then let your feelings about it emerge.
When you're stuck, what you need to release has changed— you need to release "the desire to change."
Because this is actually a

program that's causing the
problem; if you don't release
it, it will keep running.

Two large steamed buns (2020-10-08) 10:40:51

I'm trying to express my desire for change, but it doesn't seem to be working.

2020-10-08 10:41:03

How did you
release it?
The process is
the same.
First you need to be aware of it
In other words, you need to realize that you want to change the whole two large steamed buns 2020-10-08 10:41:55

But yesterday I spent the whole day relaxing, and I felt like I was stuck in the same place.

风 2020-10-08 10:42:16

当然会这样，你带了很多抗拒在其中你
想要控制它
如果你特别想要控制释放时发生什么状况你
就会卡住

因为想要控制=缺乏控制
原理是很简单的
所以当你想要控制释放进程时，你就要注意到 然后
你要注意到你想要通过什么来控制释放进程比如说
你握紧拳头
比如说你努力搞清楚现在的感受是什么比
如说你身体会把情绪仅仅攥住
你知道为什么这时候释放不掉吗？因
为这是个很强烈的习惯
它背后有很多很多的情绪
你却打算一次性把它们释放掉
如果你卡住的时候
注意到自己想要控制
然后放松地看着这个想要控制
试着释放它
你不是在释放所有的想要控制，你只需要释放现在看到的这一点这是
我个人处理卡的经验
你释放一点想要控制，就感觉顺畅一点然
后你邀请更多的想要控制被释放
有时候你会持续释放这个想要控制释
放一两个小时
终于把这个「想要控制释放过程」的强烈惯性释放掉了那
时候你后面的释放就会变得顺畅起来
因为运作你卡住的那个程序被释放了就
是这么简单

Wind 2020-10-08 10:49:51

Yeah, sometimes it lags, sometimes it doesn't.
But do you want this program to work within you?
You can decide to release this habitual control, so you'll
basically stop lagging instead of waiting until you're no
longer lagging before releasing it.
I'll send this part over; I expect
many people will get stuck. Hope it
helps.

Rong 2020-10-08 10:55:07

Thank you, Master Feng!

[Grinning face][Rose] 2020-10-08
10:55:15

Not a master
Just release law students
I need to continue my

seclusion and release my
energy later .

Wind 2020-10-08 10:59:09

@Two big baskets? By the way, when you got stuck, were you reluctant to admit you were stuck?

I really want to jump over it.
This is about
changing one's
awareness.
Release this
Realizing that this desire to change is just a feeling
Then, like all other feelings , you can simply let it go.

Wind 2020-10-08 11:05:27
It's meaningless for us to
discuss acceptance and surrender
now, including letting God do
it.
Many people would do that
When emotions arise, tell yourself, "Let it go, accept it," and let your emotions shift from greed and anger. Anger at these levels, so low as to be indifferent and utterly despondent.
This is a form of repression.
Lester Levenson (The Sedona Method) said move up
Ascending is part of Lester's
release method teachings. If your
emotions aren't rising, you're not
releasing—this is easy to prove to
yourself.
This method is a testing method.
If your emotions don't rise
, then you haven't released
them.
Very simple things

Wind 2020-10-08 11:25:32
The effect of continuous release is significant.
A single day of continuous release is
equivalent to several years of intermittent
macroeconomic release . 2020-10-08 11:30:06
@Wind ? Does continuous release refer to releasing one feeling at a time, or releasing one feeling before moving on to another?
Feelings?
Wind 2020-10-08 11:30:49
It means continuous release
Actually, I just listened to the audio.
Lester meant " make release constant,"

which means making it as natural as breathing.

What does this mean?

You are not ever not releasing
Like one breath after another,
one release after another.
But your current habit is "one act of suppression after another." By releasing, make release your new habit.

Zhang Fei 2020-10-08 11:33:20

How can I release my mental background when I'm not sitting quietly, for example, while doing other things?

That would
be much faster .
(2020-10-08) 11:34:51
Does your mind really help you
get things done? Things can be
accomplished simply by letting
go.
You don't need to "do" things
while simultaneously enjoying a carefree
life. 2020-10-08 11:36:28
What should I do when
emotions arise while
doing something?
Wind 2020-10-08 11:36:53
release
Just continue to
live a free and easy life.
2020-10-08 11:37:37
Sit down and let it
all out quietly? (Wind) 2020-10-08
11:37:58
Once you get used to
it, you won't need to
sit down deliberately.
The more you relax, the
easier it becomes to
relax.

Hong 2020-10-08 11:38:14
My energy level is still in the
fear stage [facepalm] 2020-10-08 11:39:04
95% of the world 's population lives in a state of
despair, grief, and fear, which he calls "the state of
possession."
Equating having
more with
happiness , so
there's nothing
wrong with that.

I on 2020-10-08 12:04:32
Surrender is good, but surrender is not the same as

release. The difference is significant, and release is a different path, a completely different system.

Wind 2020-10-08 12:06:00

Surrender is a means of "devotional love".

I'll post another excerpt from Lester's autobiography.

There is a natural way for each nature to achieve realization. What's natural to you is the best way for you. That's Why there are four major ways that embrace everyone's nature.

Every nature has a natural path to awakening; the most natural way for you is the way that is best for you. This is why there are four main paths that encompass the nature of all people.

The four ways are the rational, which is the mental way? the scientific, which is the specific methodological way? the emotional which is the love and devotional way? and the active way, which is rendering selfless service to mankind.

: rational, which is the mental approach; scientific, which is the methodological approach ; emotional, which is the approach of love and dedication; and action-oriented, which is the approach of practicing selfless service to humanity . ?~~?~~? ~ ~?

To uncover yourself it take only wanting to and looking in the right direction.

To reveal yourself, all you need is the desire to want and the right direction.

Surrender is a means of
"devotional love". The
love and devotional way
of releasing emotions is
a scientific approach.
Specific Methodology
specific methodological way
The requirements differ depending on the approach.
Scientific approaches cannot involve altering the method itself.
Because it uses specific methods to
verify that people with different
natures can choose the appropriate
path for themselves.

Release them all.
Continuously releasing a very high level

2020-10-12 (New) The airflow is guided and released in a controlled manner, and the explanation of what

宏 2020-10-12 07:10:34
总是胡思乱想，是不是想要控制的欲望？风
2020-10-12 07:35:49
你能很直接地觉察到想要什么
分析不是必要的
当下出现在你的觉察中的，有一个最明显的宏
2020-10-12 07:47:37
最明显的就是对工作的纠结，感觉自己不适合自己的工作，又无力改变。风
2020-10-12 07:47:55
想要控制
对它保持觉察
能直接放手让它离开吗？

Hong 2020-10-12 07:48:52
I want to release the desire to change, but I can't [facepalm] I can't.
Wind 2020-10-12 07:49:50
stuck
Stuck
Do you want to change this stuck state? Macro 2020-10-12 07:50:52
think
Wind 2020-10-12 07:51:00
Looking at this, I want to change.
Allow it into your awareness, become more "aware" of it.
Can you just let it go now? (Macro) 2020-10-12 07:52:14
[Facepalm]
Wind 2020-10-12 07:52:45
Do you want to change? Macro 2020-10-12 07:52:55
think
Wind 2020-10-12 07:53:14
Can I allow myself to become aware of this desire for change? (Macro) 2020-10-12 07:53:26
Can
Wind 2020-10-12 07:53:55
Can you allow it to be released? Macro 2020-10-12 07:54:17
cannot
Wind 2020-10-12 07:54:30
Do you still want to make changes? (Macro) 2020-10-12 07:54:40
have
Wind 2020-10-12 07:54:58
Is it possible to simply allow oneself to be aware of it? (Macro) 2020-10-12 07:55:19
able
Wind 2020-10-12 07:55:39
Can it be made to leave? Macro 2020-10-12 07:56:01

cannot

Wind 2020-10-12 07:56:18

Look at your current situation. Do you want to control this process? Do you want it to go according to your wishes?

Hong 2020-10-12 07:56:40

Yes

Wind 2020-10-12 07:56:57

Is it possible to simply perceive this desire for control? Macro

2020-10-12 07:57:10

Can

风 2020-10-12 07:57:44
它离开了吗?
宏 2020-10-12 07:57:59
没有[捂脸]
风 2020-10-12 07:58:26
继续注意这个想要控制
看看你现在的状况，是不是有更多的想要控制被激起了宏
2020-10-12 07:59:10
是的
风 2020-10-12 07:59:32
放松，只是看着它
宏 2020-10-12 07:59:58
好的
风 2020-10-12 08:00:03
它有离开吗?
宏 2020-10-12 08:00:37
还是没有

Wind 2020-10-12 08:01:01
That's okay, keep seeing if you want to control the release process. There's no need to struggle or work hard for it; just realize that the desire to control it has left.
Hong 2020-10-12 08:03:10
@Wind ? Okay. Thank you so much [roses][roses][roses]. I'll try a few more times myself. Wind 2020-10-12 08:03:57
Try it this way
Just stay relaxed throughout.
Then keep bringing yourself into contact with what you want. At this moment, become aware of the desire to control or to be recognized, and then consciously become aware of it.
Examine whether you let it go before becoming aware of your desires.
In this process, you should focus your attention on what you want, not your feelings.
When you release what you want, the feeling will dissipate on its own .
2020-10-12 08:06:48
It seems like there are multiple layers, one layer of wind after another. 2020-10-12 08:07:09
The top layer
Don't try to dig down

there; that's what
you're trying to
control.
Every time you try to exert
force, you are trying to
control relaxation, and be
aware of this.

Hong 2020-10-12 08:08:39
Yes, trying to exert force adds another layer of the desire for wind. 2020-10-12 08:09:03
So when I say I want to control the current situation,
you need to pay attention to the fact that this attempt
to exert force is precisely the attempt to control.
The moment you notice it, you can immediately let go.

The moment you let go, you'll immediately feel a sense of ease and reduced resistance; you won't need any further guidance or instruction.
All you need to do is be aware of the desire to control it, and then allow it to be released via macro. 2020-10-12 08:13:19

I'll try some more [coffee].

Wind 2020-10-12 08:16:30

Did you notice it? Can you make it go away? Just become aware of what you want right now.
Notice
Then allow it to leave.
After it leaves, then observe more.
up and out

A carefree life 2020-10-12 08:07:19

@Wind ? When I released it, I focused on feeling the wind. 2020-10-12 08:08:01

If you haven't learned basic release yet, focus on the basic process and focus on your feelings. If you have, you can directly release your basic desires.
When you release your basic desires, you come into direct contact with what you "want".

D 2020-10-12 08:02:55

This is how I released it: Can you release it? Yes! Are you willing to release it? Yes! When? Okay , it's all over, I've experienced you, you can leave now. And then it left @wind ?

Wind 2020-10-12 08:03:09

Why change the process?

Wind 2020-10-12 08:24:39

Anyone else want me to guide them? I can try to help. It's a very simple matter.
You'll understand once you experience it.

DMX 2020-10-12 08:29:15

@Wind ? I want to release my desire for recognition from others.

风　2020-10-12 08:29:59
　　你当下能感觉到想要认同吗？
DMX　2020-10-12 08:30:27
　　能
风　2020-10-12 08:30:37
　　只是允许自己感觉到它
　　它离开了吗？
DMX　2020-10-12 08:31:10
　　没有
风　2020-10-12 08:31:32
　　你想要让它离开吗？
DMX　2020-10-12 08:31:41
　　想
风　2020-10-12 08:31:45
　　你能注意到这是想要控制吗？
DMX　2020-10-12 08:32:25
　　是想要控制

风 2020-10-12 08:32:29
这个想要控制离开了吗？
DMX 2020-10-12 08:32:45
没有
风 2020-10-12 08:32:56
你还想要控制吗？
DMX 2020-10-12 08:33:28
想要
风 2020-10-12 08:33:32
只是看看它，它离开了吗？
再看看，你是否想要控制你的感受，想要改变它，你能觉察到这个想要吗？
DMX 2020-10-12 08:34:51
能够察觉到
风 2020-10-12 08:35:03
它是否被释放了？
DMX 2020-10-12 08:35:44
释放了一点、没有完全释放
风 2020-10-12 08:35:57
嗯，所以还有想要控制？
你能仅仅是觉察到它吗？这很简单
DMX 2020-10-12 08:36:51
能
风 2020-10-12 08:37:03
更多地觉察它
看看它是否被释放了？
DMX 2020-10-12 08:41:42
释放了一点、但还是没有完全释放风
2020-10-12 08:42:03
持续这个流程，觉察到它
然后，能不能让它离开？

Zhang Fei 2020-10-12 08:50:02
@Wind ? I'm under a lot of debt and in a lot of pain. It's hard to make money, and I'm eager to change my situation. How can I relieve this pressure?

风　2020-10-12 08:51:11
　　你想要控制吗？
张芾 2020-10-12 08:51:22
　　想
风　2020-10-12 08:51:35
　　所以能够明显觉察到？
张芾 2020-10-12 08:51:47
　　嗯
风　2020-10-12 08:51:57
　　它被释放了吗？
张芾 2020-10-12 08:52:08
　　没有
风　2020-10-12 08:52:21
　　能够觉察到那个想要控制吗？
　　允许自己只是看着这个想要

Zhang Fei 2020-10-12 08:52:38
Able to
perceive wind 2020-10-12
08:52:53
Has it left?
(Zhang Fei, 2020-10-12)
08:53:31
It's not entirely clear whether they're
leaving or not; they're probably leaving some wind.
2020-10-12 08:53:42
Do you still feel a urge to control something that you perceive
yourself to be in? (Regarding this situation and this question, Zhang Fei)
2020-10-12 08:54:06
Want to
control the wind
2020-10-12 08:54:16
Looking at it
Allow it to be noticed
Was it released? Has it left
now? (Zhang Fei) 2020-10-12 08:55:40
I want to let go of some things I
wanted to control, and stop clinging so tightly to
the wind. 2020-10-12 08:55:54
Hmm, is there anything else
you want to control? Zhang Fei 2020-10-12
08:56:19
have
Wind 2020-10-12 08:56:28
Can you let it
go? (Zhang Fei) 2020-10-12
08:56:57
I'm not sure if it's possible,
but I want to let him leave the wind.
2020-10-12 08:57:07
Do you want
control? Control
this release
process.
Zhang Fei 2020-10-12 08:57:34
I want to understand clearly
Wind 2020-10-12 08:57:43
this simply by trying
to understand it ?
Zhang Fei 2020-10-12 08:58:10
able
Wind 2020-10-12 08:58:15
Has it been
released? Zhang Fei 2020-10-12

08:59:28
Not yet, do we need to
use three questions to guide us?
2020-10-12 08:59:44
Need not
Can you feel the urge
to control? (Zhang Fei) 2020-10-12
09:00:59
I've always
wanted to control the wind
2020-10-12 09:01:04
When you want to change your emotions, control the release process, or want to use some other tools...
when
Zhang Fei 2020-10-12 09:01:04
Able to perceive

风 2020-10-12 09:01:11
你就正处于想要控制中只要你放松，觉察
到它
那一刻你就立即有一个放手的倾向所以你甚至不需要
问后面的问句 你只是看看它有没有
离开
然后继续看看自己还有没有剩余的想要控制然后再觉察它，允
许它离开
持续这样 let it up and go 就行了

Zhang Fei 2020-10-12 09:04:20
A lack of awareness about whether the release has been completed leads to unclear action instructions. Should this be released?
Want to control
Wind 2020-10-12 09:05:26
Yes
Realizing that it might
be possible to let it leave Zhang Fei
2020-10-12 09:06:08
Um
Thank you for your
guidance and sharing [rose] wind
2020-10-12 09:11:21
You're welcome, I'm off to release them.

Wind 2020-10-12 09:20:17
Learning through case studies is the simplest method. To understand how the process works, the best approach is to experience it yourself. Observe how others operate and follow along, or have someone guide you. You'll learn quickly that way. That's why you'll see Sedona. The institute teaches very little "theory," and the practical part is entirely guided by examples. The entire eight videos are just showing you how others release [the energy/power].

One word I want to emphasize is " stir up." This is a guiding technique that will be frequently used in later videos. What are your current feelings? What desires does it evoke ? Because the previous use of "what desires it comes from" might make people subconsciously use their minds to analyze the reasons, I can emphasize it here. You can use " stir up" to see your current feelings and see if it arouses your desire for control, acceptance, or safety.

Group member Jidi: I feel like I still can't let go. How can I allow desire to leave? If I allow it to leave, will it definitely leave ?
Wind: Hmm, it wants to push itself out; you just need to release the suppressed power. Silent Truth: I understand, but I don't know how to do it.

风：你能感觉到当下的欲望是想要控制还是想要被认同吗？寂谛
：嗯，可以
风：你能只是觉察它吗？
寂谛：我允许，好像它并没有离开，嗯风
：它离开了吗？
寂谛：嗯,离开了一点

Silent Truth: It seems to happen unintentionally, and the more you try to make it leave, the less likely it is to leave. Is it that it leaves simply by being aware of it? Wind: Desire is like this; as long as you are aware of it, it has a natural tendency to leave.
Jidhi: Oh, I see. And then, continue to observe?

Wind: After it leaves, continue to observe whether there is still a desire for control or recognition, continue to be aware, and then see if it has left.
Jidi: Oh, so this is liberation? Indeed, I have left.
Wind: Hmm, a clear feeling of energy leaving ? Accompanied by a calmer and more joyful mind. This is release.

On October 12, 2020 10:30:04
@wind ? I've finally found a kindred spirit ! I just joined the group two days ago. I like the release method, but I feel it's slightly different from the methods of Haier and Larry . I felt the tubes weren't necessary ; the emotions just left me . Furthermore, I believe the most important aspect of release is releasing the force you exert (the desire to change : resistance , grasping) . This force is more subtle than emotional feelings , but it's what truly needs to be released . Once this force is withdrawn (released) , the emotional energy will leave on its own . Release cannot be completed without withdrawing (releasing) this force ; once it's withdrawn , release is automatic , or rather, it's being released automatically. Seeing Teacher Feng 's method , I finally understand the answer! [fist][fist][fist]
Wind 2020-10-12 10:35:37
This is Sedona in 1992. The original procedures of the release law institution founded by Lester, as used in the Institute video.
Later, Hailari established his own organization because they couldn't teach the same thing, so they all focused on this approach.
The law has been revised. However, the original process is indeed the most effective.
Later, there are audio recordings of Lester's advanced lectures to the students of St. Donat, which will be of great help in achieving freedom.

DJ 2020-10-12 10:38:46
@Teacher Feng, I'd like to ask you a question. I feel extremely nervous when chatting with one or a few people. I'm afraid to speak, laugh, or look them in the eye. Sometimes I even have the urge to run away. I can release tension when leaving the environment without any problems. I'd like to ask you how I can release tension in these tense situations. Please advise me.
Wind 2020-10-12 10:39:23
Do you want to control that scene?
DJ 2020-10-12 10:39:35
Um
Wind 2020-10-12 10:39:46
Can you sense this desire to control?
DJ 2020-10-12 10:40:22
I was just nervous on set; I

didn't feel anything else . 2020-10-12 10:40:31
Is it possible now?
The desire to control that scene
DJ 2020-10-12 10:40:54
Once you leave this
environment, the
tension disappears
and becomes less
intense.
Wind 2020-10-12 10:41:56
Yes, I know.
But now, do you want to control that scene?
DJ 2020-10-12 10:42:22
Yes
Wind 2020-10-12 10:42:24
You want to be able to release your emotions smoothly in that scenario,
right?
DJ 2020-10-12 10:42:34
right

That's so true
Wind 2020-10-12 10:42:45
Can you sense this desire to control?
DJ 2020-10-12 10:42:56
able
Wind 2020-10-12 10:43:02
Has it left?
DJ 2020-10-12 10:43:32
Once you leave that
scene, everything will be fine .
2020-10-12 10:44:18
Does this mean you want
to control the scene
after you've left? Do you
still want to control
that scene?
Wind 2020-10-12 10:44:31
Now
There's much
less wind now. 2020-10-12
10:45:40
But you still want to control it, right?
DJ 2020-10-12 10:46:02
Teacher, in which environment do I
feel comfortable and able to express myself
freely? (Wind) 2020-10-12 10:46:27
No problem, just keep releasing this control you want, and you'll be fine.
You can't simultaneously keep this urge to control
inside and smoothly release it because it's working
against you.
So you can now immediately release your desire to control that scene.
If you release enough, you'll find yourself able to release smoothly
the next time you encounter that situation.
DJ 2020-10-12 10:50:55
@Wind ? So, in that kind of environment, it's impossible to
release things smoothly. Because you can't simultaneously keep the urge to
control it inside and release it smoothly.
Wind 2020-10-12 10:51:12
Can
As long as you can notice what
you want to control on-site and
release it.
However, the best time to
release is now; you don't
need to wait until then.
If you now recognize it as a
problem, you can release those

desires for control now.

On October 12, 2020, Feng led a demonstration of the original release steps and explained the key points.

Key points

ZOEY 2020-10-12 08:18:22

@Wind ? Thank you [rose][rose] I have another practical question about release. It's very convenient to release when you're alone. But on weekdays, it feels like there's not enough time. There's one thing to deal with, and no time to be aware of desires and release them before the next one comes along. Do you have any good suggestions for releasing desires during work hours?

风 2020-10-12 08:18:49

你想要控制吗?

我现在可以试着引导你一下
你就按照指示来，你可能会发现它很简单
ZOEY 2020-10-12 08:20:50
是的，想控制
风 2020-10-12 08:20:59
它离开了吗？
ZOEY 2020-10-12 08:21:14
部分离开了
风 2020-10-12 08:21:24
你还有想要控制吗？
ZOEY 2020-10-12 08:21:33
有一些
风 2020-10-12 08:21:42
现在离开了一些吗？
ZOEY 2020-10-12 08:22:12
离开一些了
风 2020-10-12 08:22:16
再看看你还想不想要控制？
ZOEY 2020-10-12 08:22:32
还有一点 风
2020-10-12 08:22:46
离开了吗？
ZOEY 2020-10-12 08:23:20
是的，不断离开，现在很少了
风 2020-10-12 08:23:36
嗯，继续看看有没有想要控制
风 2020-10-12 08:24:16
自己持续这个流程吧

芳菲 2020-10-12 08:34:14
释放感受我觉得是一股能量出去了，释放欲望也是感觉一股能量出去了，我一直记得你说的那个“让感受浮现并离开”，一直在这么操作[呲牙]，释放欲望是把注意力放在想法上？ 还是也是一种更深层次的能量出去了？@风?
风 2020-10-12 08:34:30
不是想法是想要
是倾向，是意图
试试看那个流程，很管用

Fangfei 2020-10-12 08:40:50
I used to let go of my feelings and move on, but now I'm starting to let go of that tendency, is that right, wind? 2020-10-12 08:41:20

Well, consider whether you currently want to control or agree with something.

Just noticed it
Then check if it has
been released ,
become aware of it,
and allowed to leave.

Fangfei 2020-10-12 08:43:31
Is the desire for control and recognition
also a tendency? (Wind) 2020-10-12 08:44:00
Yes, you want control, you
want recognition, and
that's immediately
apparent.
For example, if you try to
release it now and feel stuck
for a moment, you might want
to control it.
You can easily notice this tendency.

D 2020-10-12 08:49:23
@Wind ? Can I just use three questions
instead of a process? Wind 2020-10-12 08:49:54
Three questions release emotions
When it comes to releasing desires,
there's an even simpler process , like
the one I just guided Zoey through.
This is the simplest way to learn the
methods used in the 5678 videos of the 1992
course, through case studies.
to learn how the
process works is to
experience it yourself.
Watch how others do it, follow along, or have someone
guide you, and you'll learn quickly.
So you will see sedona The institute teaches very little theory, while
the practical part is completely...
It is instance bootstrapping The entire eight
videos are basically
showing you how
others release
stress. One word I
want to emphasize is:
stir up.

This is a guide that will be frequently used in later videos.

What are your current feelings, and what desires does it arouse ?

Because the previous use of "derived from what desire?" might subconsciously lead people to analyze the reasons with their minds, therefore...

One thing I'd like to emphasize is that you can use Stir. up

Examine your current feelings; see if they evoke a desire to control or a desire to conform, or...

Want to be safe

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.
Lester said he wanted recognition +

control = the world
Our world is constructed by these two desires.
The desire to control
or identify with
anything in the world
becomes more apparent
after you’ve released a
significant portion of
it.
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You are not free when you are in a state of wanting.

To be released means you gain a
little freedom ; it wants to
push itself out.
When these desires are continuously released,
you'll feel the mental conflict stop with each
release, and your mind will become much, much
calmer.
At the same time, it will be full of energy.
Each session provides a tremendous
amount of rest for the body and
mind, which is far more effective
than sleep.

Fangfei 2020-10-12 10:41:03
This feeling stems from what desire—thoughts that easily enter the mind tend to flow superficially, but when asked what desire it "stimulated," the energy flows deeper. Is this the correct understanding? @风?
Wind 2020-10-12 10:41:26
Because what you're
trying to do is "become
aware of desire," not
analyze it with
knowledge.
Conceptual things do nothing to
help unleash the era of the Internet of
Things 2020-10-12 10:44:44
@Wind ? What desires have been stirred up by your current feelings? Isn't that something to think about? Wind 2020-10-12 10:44:53
no
It's very
simple if
you want
to control
this.
For example, if you want to change,
you'll immediately realize that the era of the
Internet of Things is upon you. 2020-10-12
10:45:50
For example, the bank just called and said I was a
few days overdue and needed to pay. I felt scared.
This fear. Is it a feeling of

desire or something else? The wind.
2020-10-12 10:48:35
What do you want?
Do you want to push it away? Do you resist it?

Yitian 2020-10-12 10:43:27
@Wind ? What if it's a
pleasant feeling? Wind 2020-10-12
10:43:53
It will also arouse basic desires
You want more of that
pleasurable feeling. You
want to change this bland
feeling.
Uncomfortable feelings, the
desire to escape
them—these are all
attempts to control.
It's actually quite
strange that you have
such tendencies and
intentions.
You live in desire all
the time without even
realizing it.

倚天 2020-10-12 10:52:12
心智的本质就是想要要控制？还有想要搞明白风
2020-10-12 10:52:38
心智的本质是围绕着维持一具身体的生存为
了生存，发展了想要认同和控制
控制包括改变、搞明白、让事情按照自己想要的发生

Yitian 2020-10-12 10:53:16
Could we understand "mindset" as
equivalent to "survival program" ? 2020-10-12
10:53:22
certainly
This is Lester Levenson (The Sedona Method) 's original statement.
survival programs
All feelings are part
of the survival process. 2020-10-12
10:53:47
Oh, wanting to understand
this also falls under the category of
controlling the wind. 2020-10-12
10:53:58
By releasing all feelings, the mind
is completely liberated. (The Heaven Sword and
Dragon Saber) 2020-10-12 10:54:13
The mind is the
software system of
life. What is the
difference between the
mind and the soul?
Wind 2020-10-12 10:54:57
There is no such thing as a soul.
The mind is merely a
collection of thoughts (
emotions) and has no soul
in fact.
a glorified concept of the ego.
Lester Levenson (The Sedona Method) 's original words
The mind is the only thing that keeps us from seeing our Infinity. The mind is nothing but a collection of thoughts of Limitations.
The mind is the only thing that prevents us from seeing the infinite.
The mind is merely a
collection of limiting

thoughts and nothing more.
The soul is merely a concept created by people who believe that this collection is ″me″.

Fangfei 2020-10-12 11:04:35
If it's not me
releasing it,
then what is it?
Does desire itself
want to leave? (Wind) 2020-10-12 11:05:09
It is you who are releasing it.
It is also desire
itself that wants to
leave , but I am an
infinite existence.

Therefore, they have the ability to release

Any "I am" that your mind tells you is actually wrong. The mind cannot imagine infinite existence. The soul as we understand it is such a product of imagination. Therefore, if you continue to release it, you will have more direct experience of "me" and its fragrance. 2020-10-12 11:14:15

Continuous release involves focusing awareness on inner feelings (inclinations) and then continuously letting them go. Okay?

Wind 2020-10-12 11:14:33

You can understand it this way. When doing it, you are constantly aware of the three major desires, then you let one go, and another one comes, and you let it go again, and so on, letting it go again and again. Fangfei to appear later. 2020-10-12 11:17:44

Yes, I find myself constantly trying to control. Is wish fulfillment a form of control? (Wind) 2020-10-12 11:18:39

Control is a good thing

What is being released is the desire to control

Every time you release your desire to control, you'll find yourself in greater control because wanting equals lacking.

Fangfei 2020-10-12 11:19:07

I had an idea before I went to sleep last night, and it came true today. It perfectly corresponds to the idea that I wanted to control but couldn't.

Wind 2020-10-12 11:19:29

That's great, why not make it the norm? Why not make it your main way of life? Hmm, check it out. Every time you release the urge to control, you become more in control; but once you try to control, you lose control.

芳菲 2020-10-12 11:20:47

我觉得有一个更大的力量和安排，我需要臣服风

也是想要控制的倾向
也要被释放

Fangfei 2020-10-12 11:22:48
Everyone can make things happen according to their own wishes, right? (Wind) 2020-10-12 11:23:02
Everything is created.
Every single thought can manifest as wish fulfillment; this is not an isolated case.
It is the way the world works . 2020-10-12 11:23:28
Now that my wishes are coming true, I still wonder if I'm in control. I want to entrust it to God. I realize that I'm afraid things won't go as I want, and I'll be disappointed, so I've entrusted it to God.
There's still a desire inside, a sense of scarcity. 2020-10-12 11:24:55
Release these deficiencies
You will be more free each time
Freedom is something you have to experience to understand. We like to restrict freedom with our minds. [laughing]

Wind 2020-10-12 11:28:10
@BethlehemStar , how's the release going? BethlehemStar 2020-10-12 11:28:33
I can't say for sure.
You've been in seclusion these past few days, so keep doing the release exercises.
Wind 2020-10-12 11:28:51
Um
One person did the release and did

nothing else.

The era of the Internet of Everything 2020-10-12 11:29:47

If you release yourself without any immediate visual triggers, do you have to "imagine" it?

(Wind) 2020-10-12 11:29:54

Need not

The era of the Internet of Everything 2020-10-12 11:30:26

What does that mean?

@Wind ? How do I operate Wind? 2020-10-12 11:31:06

You're like being in water, surrounded by water and wanting...

Does it need to be stimulated?

Once one is released, just bring in another to observe.

D 2020-10-12 12:25:33

you simply let go of all your anxieties about rent, and then effortlessly think, "My rent always comes on time," and that's it? @Wind ?

Wind 2020-10-12 12:26:29

You don't need to
have this idea , but
I actually don't
recommend doing it
this way. You can do
it if you want.
Just keep releasing your desire for
control, recognition, and security.

Su 2020-10-12 12:29:37

@Wind ? Sometimes I feel anxious about my finances, and dividing it into three main desires doesn't seem quite accurate. Is it possible to simply release the feeling of anxiety? What's the correct way to do this?

Wind 2020-10-12 12:30:43

You don't need to suppress that feeling of anxiety.
But what is your desire? Do you want to
change it? If you want to change it,
then you want to control it.
Sometimes you feel the need for security
The more you become aware of a particular aspect, the more you can release that aspect.

慧轩 2020-10-12 12:35:20

想要控制和想要认同同时存在吗风

2020-10-12 12:37:04

很多时候是

因为想要控制实际上也是想要认同发展出来的觉察到哪个释放哪个

比如你现在就是想要控制在表面那就释放想要控制

如果你想要跳过这个过程，实际上就是被想要控制运作了你会卡住

Miracle 2020-10-12 12:42:24

I've been resisting letting
go lately, resisting the feeling of the
wind. 2020-10-12 12:42:27

Um

aversion

Rejection is a feeling

When you feel resistance, your immediate urge is to control it.

Once you release the urge to control, the

feeling of resistance will dissipate. Try it.

hai 2020-10-12 12:56:27

@Wind ? Teacher Wind, how

do you release diseases ? 2020-10-12

12:57:04

Releasing the desire for control, acceptance, and safety brought about by the disease

hai 2020-10-12 13:00:51
@风?比如我腰疼，我怎么释放呢，是看看对腰的情绪吗，然后再看看激发什么欲望，再释放吗
风 2020-10-12 13:01:08
你想要改变它吗?
hai 2020-10-12 13:01:13
想啊
风 2020-10-12 13:01:20
你能觉察到吗?
hai 2020-10-12 13:01:26
能
风 2020-10-12 13:01:47
看看它有没有被释放?
hai 2020-10-12 13:02:15
有一些，就这样释放想改变就可以了吗

Wind 2020-10-12 13:02:21
Um
There is still
something left to
change ; continue
to be aware of it.
Then check if it has left.
Take another look. If you
still want to change, then
let go.
You release what you are most aware of.
The following will naturally become apparent, allowing you to clearly perceive it.

hai 2020-10-12 13:04:47
It's okay if I don't have to release it
the way it's written in the book of abundance, right ?

2020-10-12 13:04:56
Okay, no need.
I meant just
releasing the
original process.
Implanting beliefs is a method in "The Path to Ultimate Freedom , " and it's 早a teaching method . The principle is correct , but it's not applicable .

时代万物互联　2020-10-12 13:07:54
释放不是想要改变吗？
风 2020-10-12 13:08:08
释放是改变 不是想要改变
控制，认同，安全，这些都是好东西想要则不是想要等于匮乏

D 2020-10-12 13:08:48

Just like the wind said, "The Road to Ultimate Freedom" has too high a starting point .

2020-10-12 13:09:55

The main problem is that the method is inapplicable, but the principle is correct. The method was inapplicable, as Lester verified; he hadn't taught many students using those methods.

Wind 2020-10-12 13:14:21

I've also gone into seclusion to release my pent-up emotions. See you later.

2020-10-14 (New) Continuous Experience Sharing

Wind 2020-10-14 12:42:38

I've been releasing this energy for the past few days and have had some experiences. I didn't share this a couple of days ago because it might have been due to some influence. Now I'll talk about some things in the hopes of inspiring you. This is a chat between me and a friend; I've removed his part. (Wind 2020-10-14 12:45:54)

[Chat Log of the Wind and the Star of Bethlehem]

【

Wind: I've been experiencing some things during these past few days of continuous release. Wind: The continuous release does indeed involve a strong release of energy. Wind: And it did indeed leave the center of my body twice. Wind: I just couldn't sit

still last night...

】

Wind 2020-10-14 12:47:30

[Chat Log of the Wind and the Star of Bethlehem]

【

Wind: I must say, you
reminded me. Wind: I seem
to have not released...
Wind: I've discovered that when you release yourself really well , the form of resistance changes.

】

D 2020-10-14 12:47:43

How come I don't realize that every time I
move my body, I'm trying to control it?
How can I become as aware as you are?

Wind 2020-10-14 12:48:14

Continue to release
Because the desire for control is a
fundamental tendency that you can immediately
perceive. (I am Unlimited 2020-10-14 12:57:13)

@Wind, you're releasing what you want to control, but what I release is mostly what I want to change, with very little about control. I think the desire to control is made up of a lot of desires to change. What's your opinion?

The course aims to control
Lester often speaks using
the phrase "want to
change, but he'll say it
like that."
Wanting to change, wanting to push it away,
wanting to grasp it—these are all forms of
wanting to control. Wanting to change is a kind
of wanting to control.
To be more specific, let's say we
sometimes want to change.
Sometimes we want to maintain
This is all wanting of control

I am Infinite 2020-10-14 13:00:05

Yes, what you said
is very good. (Feng, 2020-10-14
13:00:16)

I've been using the release method on and off
for six years, and it hasn't been as effective
as using it consistently for just a few days.
How important consistency is!

I am Infinite 2020-10-14 13:01:09

Yes, continuous release will deepen the
impact. Intermittent release won't work. (2020-10-14
13:01:57)

I've come to understand what Lester meant in the
video: helping others is helping yourself. Some
time ago, I translated Lester's audio recordings
and his 1992 Liberation Method course.
During the translation process, I
essentially reviewed the material again,
and this time I discovered issues that I
hadn't noticed even after listening to
it many times. This allowed me to
continue translating.

I am Infinite 2020-10-14 13:03:13

The method for sustained release is crucial.
Previously, without a suitable method, sustained
release was impossible because the method used was
the stimulation method, which is difficult to
sustain.
What is your process of continuously releasing your fear of

death like? What are the general methods and procedures? @风风2020-10-14 13:05:05

Lester: Releasing the desire for approval and control is also a shortcut, compared to releasing all the emotions beneath them. Approval and control. When you no longer want approval and control, all the emotions beneath them leave. But until you release the fear of death, you still have the desire for approval and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to approve, and that way you'll be safe. That's control. But when you release the desire for approval and control, all the feelings beneath it leave. What's left is just the desire for approval and control, which you release by releasing the fear of death. When you get there, it's very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it just pushes itself out. Then you laugh, and your mind shuts down. That...

What a stupid joke. It plays on your true self, thinking you are limited, but you never are.

Wind 2020-10-14 13:05:19

The method is very simple.

Keep these six steps with you.
What am I feeling right now? Do I want to control or do I want to be accepted? Can you sense it?
Has it left?
Can you detect any further desire for control or validation? Can you let it go?

Wind 2020-10-14 13:07:02

I used the 1992 release method to release desires. Each time I released desires, I saw a little bit of freedom.
Then I would remind myself of the fourth step: continuous release.
The method for continuous release is to keep examining whether I want to control or identify with something. If I feel unclear about this, I can immediately sense that I want to change the situation, which is actually a desire for control.
Upon noticing it, there is an immediate tendency to let it go.
Of course, there were many situations along the way that made me stop (get stuck). I noticed these and reminded myself of step four (continuous release).
If you find yourself straining, trying too hard, or getting stuck, remind yourself of step five (releasing the desire to change) .
Later, when intense joy welled up, I lacked the motivation to release it, reminding myself of the first step (what I wanted).

It is freedom)

When you don't know what to release, remind yourself of step three (all feelings stem from a desire to control or identify with them).

I am Infinite 2020-10-14 13:11:57

I realized that when I was continuously releasing my emotions, I focused too much on the feelings. I should have focused directly on the desire to control or the desire for validation.

Wind 2020-10-14 13:11:59

At these times, I immediately realize that this desire to control or identify will come and go, one by one.

One comes, one goes.

The fear of death (and the desire to survive), as Lester said, spontaneously surfaced.

I am Infinite 2020-10-14 13:12:48

And it is true that they want to control; wanting to change is only part of what they want to control. (Wind, 2020-10-14 13:13:10)

The first time you overcome your fear of death is the most difficult.

When the fear of death first arises, it's like pulling your hand back immediately upon touching a scalding fire.

I repeatedly released what I wanted to control.

Then when you touch it again, it releases once, and then it's simple.

The tendency to avoid death is so strong that we tend to suppress our fear of death deep within ourselves. Each time we release that fear (the desire to survive) , it weakens this tendency to avoid death.

Wind 2020-10-14 13:17:35

I'll finish this first and then share it. I'm going to take a break now. Good luck everyone, see you later!

2020-10-15 (New) Feng explains what it means to want to control, what it means to be stuck, and...

Leading to release the desire to control and trap

[Heart] Happy Kitty [Heart] 2020-10-14 12:05:14

There are often mild anxieties, worries, and fears that are not easily noticed unless you look closely. If you release these feelings, wouldn't that be releasing your deepest fears?

Wind 2020-10-14 12:10:35

No, that one is here. (Note: This refers to the energy level of fear.)

Lester's "fear of death" is expressed in the release therapy course as "the desire to survive/be safe".

This is the bottom layer.

Keep releasing, I'm going back into seclusion.

ZOEY 2020-10-14 12:19:22

@Feng ? Teacher Feng, could you wait a moment? I have a question . 2020-10-14 12:19:46

Um

ZOEY 2020-10-14 12:21:18
释放欲望，觉察“想要”时，有时会冒出来，想要就等于匮乏——这算是走思维了吗？

还是一定要只是觉察，只是去觉察那个“想要”以及放它离开风 2020-10-14 12:22:02
你想要搞清楚这个问题吗？

ZOEY 2020-10-14 12:22:52

恩，是，又是想要控制了。。。风 2020-10-14 12:23:03
你现在能够觉察到那个想要控制吗？

do it

ZOEY 2020-10-14 12:24:05
是的

风 2020-10-14 12:24:21

它离开了吗？

ZOEY 2020-10-14 12:24:36
部分吧，我继续流程

当我出现疑问的时候，就去释放想要搞清楚，想要控制风 2020-10-14 12:24:40
看看你对那个问题还有更多的想要控制吗？

Yeah, just do it
The answer that belongs to you is right there.
fixing your mind with a theory. A thousand
explanations are not as good as one experience.

Therefore, use this process to handle any problem.

D 2020-10-14 12:41:25

@Wind ? I have an exam coming up. If I release "perfect wisdom," will I eventually attain perfect wisdom and get a perfect score?

Wind 2020-10-14 12:41:34

Can

D 2020-10-14 12:47:43

How come I don't realize that every time I make my body "move," I'm trying to control it? How can I become as aware as you are?

Wind 2020-10-14 12:48:14

Continue to release

D 2020-10-14 12:48:18

Why, after feeling tired, do we release what we want to control, instead of simply releasing the urge to sleep? (Wind) 2020-10-14 12:48:41

Because the desire for control is a fundamental tendency that you can immediately perceive, I continued to release it.

come on

我 2020-10-14 12:57:13

@风?你是释放想要控制，但是我释放的都是想要改变，想要控制很少，我觉得想要控制是一大堆想要改变组成的，你是怎么看？

风 2020-10-14 12:57:40

课程是想要控制

莱斯特说话时经常用想要改变但是他会那样说

想要改变、想要推开它、想要抓住它，这都是想要控制想要改变是想要控制的一种

如果要说的针对性一点，那就说想要改变有时候我们想要改变

有时候我们想要维持

这都是 wanting of control

风 2020-10-15 10:59:12

控制，是卡住的唯一成分

这个我准备记录在我的 gain book 里这是我目前随着释放记录下来的领悟

外面没有任何东西，事物的唯一成分就是我的感受，它们都是想要控制和想要认同。

无限能量是被我时时刻刻压抑着，当我释放了一个欲望，就会涌现出一部分。

我不需要通过心智来了解一个事物，每一个念头都遮蔽了一些本来的"知道"，当我抛弃知识和心智时，我直接知道每一件事。

持续释放，只是持续释放，道路已然清晰，终点就在眼前，只要继续下去。

贯彻六步骤。当我不想要自由时，提醒自己自由有多好。做出决定。所有明显和不明显的感受都是想要控制和想要认同，释放它们。每一次释放都会让我更自由。

我不可能卡住，因为我的卡住实际上是想要改变。这是一个需要释放的东西。释放不可能被卡住，它不可能被动停下来。

下午5:20

我并非必须去思考、努力在那些我想要获得的事物上，比如想要被认同，也能拥有它。

如果你不释放那个卡，以及小的倾向，就是让它运作你 (let it run you)，越卡，越要继续释放。

如果你不释放你用来逃避的倾向，那么你就会逃避，把你想要逃避的更深的东西压在下面。

找到对你有用的一条指引，去做，而不是纠结于几条指引让自己陷入困惑。

深刻体验到我们时时刻刻都活在"想要"里。释放了一个"想要"的动机，会终止相关的情绪和念头，感受到一种深沉的宁静。持续地释放"想要"，会不断削弱作为"做者"的意识，使生命更像是一种一幕接一幕的"发生"。

外面没有任何东西，事物的唯一成分就是我的感受，它们都是想要控制和想要认同。

我　2020-10-15 11:06:00
@风?是的，我在释放卡住的时候也发现这一点，就是想要控制，就卡了，其实我感觉就是整个的情绪欲望都是卡，一层层卡在堆叠，一起覆盖住了死亡恐惧
风　2020-10-15 11:07:03
想要认同和想要生存（对死亡的恐惧）不会自动卡住它
会立即发展一个想要控制来卡住它

释放了这个它发展出来的想要控制，你就能直接面对它它
就立即被释放了
释放了想要控制，你就立刻感觉到一切尽在掌控（顺畅）
释放了想要认同，你能立即感觉到爱
释放了想要生存和安全，你就能感觉到安全
用这个确认释放
这是第六步
六步骤是全部
莱斯特说过，take the six step
把六步骤贯彻下去就好了，所有走到终点需要的东西都在六步骤里

However, on October 15, 2020 11:12:54
A sense of emptiness; should I use imagination to evoke these feelings? Wind 2020-10-15 11:13:08
It depends on your stage.
If you are in the learning stage of releasing, you need to; if you already know how to release, you don't need to.
Release the desire to change the blank
The feeling of emptiness becomes clear.
post graduated way of releasing

A carefree life 2020-10-15 11:23:22
I can't feel it, but when I see something outside, I feel a desire to control it; the anger has lost its force. 2020-10-15 11:23:37
Do you want to feel that? (A relaxed life - 2020-10-15) 11:23:49
Yes
Wind 2020-10-15 11:24:02
Can you sense this desire to feel? This is the desire to control.
A carefree life 2020-10-15 11:25:34
Oh, I don't know how to release it if I don't ask you. I can't feel

风 2020-10-15 11:26:16
此刻你能觉察到这个想要控制吗？自在人生 2020-10-15 11:26:56
觉察不到，感觉很平静
风 2020-10-15 11:27:05

anything. Does releasing control have any effect?

Has it left?
A carefree life 2020-10-15 11:27:55
No feeling
Wind 2020-10-15 11:28:16
Do you still want to control this release process? Is there a clear desire to control it at this point?
A carefree life 2020-10-15 11:28:32
Yes
Wind 2020-10-15 11:28:43
Just remain aware
A carefree life 2020-10-15 11:28:50
have no idea
Wind 2020-10-15 11:29:20
Hmm, do you want to control this ambiguity? A carefree life. 2020-10-15 11:29:33
Yes
Wind 2020-10-15 11:29:48
Look at this thing that tried to control itself, has it left? A life of freedom. 2020-10-15 11:30:13
Unclear
Wind 2020-10-15 11:30:22
Okay, let's look at what you want to control.
You still want to control this ambiguity, right? A free and easy life.
2020-10-15 11:30:44
right
Wind 2020-10-15 11:30:55
Look at it, has it been released? A life of freedom.
2020-10-15 11:31:20
Not obvious
Wind 2020-10-15 11:31:35
Hmm, can you see this clearly?
Can you see the subtle feeling you want to change? A life of ease. 2020-10-15 11:31:51
Cannot see

Wind 2020-10-15 11:32:03

Do you want to control what you see? A life of freedom.

2020-10-15 11:32:14

Yes

Wind 2020-10-15 11:32:24

Hmm, has it left?

(Posted by Zizai Rensheng, October 15, 2020) 11:32:43

Yes

Wind 2020-10-15 11:32:55

再看看，你还有更多的想要控制吗？允
许它继续浮现出来

A carefree life 2020-10-15 11:37:05

Thank you, Feng. The guidance you gave them that day was something I tried myself later, and I felt very peaceful inside. I couldn't see any anger outside anymore. I felt joy inside, but I didn't know how to release it. Thank you, @Feng ! [clasped hands][clasped hands][clasped hands]

Wind 2020-10-15 11:37:59

You're welcome

Rong 2020-10-15 11:36:40

@Wind ?MasterWind, what should I do if I just can't release it? [Crying][Awkward] I've asked all sorts of questions, but I still can't get it out. I just feel a tightness in my chest and a sense of unease.

风 2020-10-15 11:38:25

此刻你能注意到这个不放心的感觉吗？戎

2020-10-15 11:38:33

@风?风大师 我释放自己 怎么问都是不愿意能

风 2020-10-15 11:38:51

你想要控制它吗？

戎 2020-10-15 11:38:59

想

风 2020-10-15 11:39:03

觉察到想要控制它离开了吗？

戎 2020-10-15 11:39:12

嗯 没有

风 2020-10-15 11:39:28

再看看，你还想要控制现在这个感觉吗？戎

2020-10-15 11:39:48

不知道

风 2020-10-15 11:39:57

不清晰

戎 2020-10-15 11:40:07

嗯

风 2020-10-15 11:40:10

你想要控制它变得清晰吗？

戎 2020-10-15 11:40:53

想

风 2020-10-15 11:41:14

它离开了吗？

戎 2020-10-15 11:41:31

还没有
风 2020-10-15 11:41:34
再看看，你这个想要控制还有吗？只
是允许自己觉察到
戎 2020-10-15 11:42:47
觉察到 还有
但是好多了
风 2020-10-15 11:43:15
嗯，你能允许剩下的想要控制被觉察到吗？看
看它有没有被释放？
戎 2020-10-15 11:43:36
允许
风 2020-10-15 11:44:07
嗯，它离开了吗？
戎 2020-10-15 11:44:08
嗯 好多了

win d 2020-10-15 11:44:17
Continue this process
Until you feel free
Ron g 2020-10-15 11:44:31
It's just much better.
But it's much more
comfortable.
win d 2020-10-15 11:44:48
Yes, so we need to
continue releasing it.
Ron g 2020-10-15 11:45:05
Thank you, Master.
Thank you!
[coffee][rose]
@Wind ? Thank you,
thank you.
win d 2020-10-15 11:46:32
You're welcome

紫 2020-10-15 11:45:09
释放想要犯困睡觉怎么办？
一到释放想要犯困睡觉
风 2020-10-15 11:45:33
你想要控制那个犯困的状况吗？紫
2020-10-15 11:45:42

I want to change this stuck
situation [facepalm] but I
can't get out of it, I'm so
discouraged.
Wind 2020-10-15 11:47:26
Can you feel this sense
of discouragement? Purple 2020-10-15
11:47:49
Sensing the sense of control I wanted to
release, I'm about to successfully unleash the [facepalm]
wind. 2020-10-15 11:48:02
Hmm, can you notice
it? Purple 2020-10-15 11:48:19
Notice
Wind 2020-10-15 11:48:37
Has it left?
Purple 2020-10-15 11:49:36
It seems a
bit better now. 2020-10-15
11:49:53
Hmm, do you still want
to control it? (Wind) 2020-10-15
11:50:00
Allow yourself to become aware
of the remaining desire to control purple
2020-10-15 11:50:39
There seems to
be a sense of urgency .
2020-10-15 11:50:49
Do you want to
change it? Purple 2020-10-15
11:50:57
think
Wind 2020-10-15 11:51:04
Look at this, it wanted to
change, but has it left? Purple 2020-10-15
11:52:36
the wind is less
noticeable now. 2020-10-15 11:52:56
Do you want to change this
subtle feeling? Purple 2020-10-15 11:53:41
I don't know if it's been released

or if it's become blurry again; it's a bit blank, without any thoughts or feelings.

Wind 2020-10-15 11:54:59

That means it wasn't released. Look at this blank space, do you want to change it? Purple 2020-10-15 11:56:10

I don't seem to really want to change it, and I'm feeling a bit sleepy . Am I trying to avoid it?

Wind 2020-10-15 11:56:57

Are you feeling comfortable right now? (Purple) 2020-10-15 11:57:30

Better than before

风 2020-10-15 11:57:52
你想继续待在这个感受中，还是不想？紫
2020-10-15 11:58:10
好像没有那么强迫自己
有感觉好像对自己放弃了[捂脸] 继
续待在这个感受中是什么？@风?
风 2020-10-15 11:58:54
想要维持这个状况
也是想要控制
想要控制有不同的表现方式
一个你不喜欢的东西，你想要改变一
个你喜欢的东西，你想要维持
attachment and aversion

Early summer 2020-10-15 11:59:38
I want to release the anxiety and worry I feel when my child is sick. @Wind

风 2020-10-15 12:00:05
此刻你能感受到这个焦虑和担心吗？初
夏 2020-10-15 12:00:15
能感受到 风
2020-10-15 12:00:27
你想要控制吗？
初夏 2020-10-15 12:00:35
想控制
风 2020-10-15 12:00:50
只是觉察到这个想要控制
初夏 2020-10-15 12:01:04
能察觉到 风
2020-10-15 12:01:21
它离开了吗？
初夏 2020-10-15 12:01:24
离开了很多
但还有
继续观察，又离开了一些
风 2020-10-15 12:01:48
嗯，允许自己觉察到更多的想要控制初
夏 2020-10-15 12:02:17
还是有紧紧抓着，放不开的地方风
2020-10-15 12:02:18
允许它离开
你想要控制这个紧紧抓着的地方吗？你
想要改变它吗？

？

初夏 2020-10-15 12:02:40
想
风 2020-10-15 12:03:18
觉察到这个想要改变
初夏 2020-10-15 12:03:26
觉察到了 风
2020-10-15 12:03:29
它离开了吗?
初夏 2020-10-15 12:03:33
离开了
谢谢??
风 2020-10-15 12:03:46
看看，你还想要改变这个状况吗？允
许更多的想要改变
被觉察到
初夏 2020-10-15 12:03:57
还有
但是少了很多
风 2020-10-15 12:04:00
不客气
继续流程
直到你释放完

October 15, 2020: The wind continues to guide the original release process. If you release something you think is impossible, after the release, that impossibility seems more likely .

wind 2020-10-15 17:40:58

We need to remind ourselves to use
step six to verify this point.
Each release will be easier,
happier, and freer.
If you feel more pain, you'll realize
you're stuck. Freedom is freedom; it
doesn't need to be limited by any
conceptual framework.
Once you define "freedom" based on your limited
experience, you actually limit yourself to it. Before we
reach it, we truly cannot comprehend its magnificence.
However, after the release, you
feel noticeably freer than before,
which is something you can clearly

experience.
For example, after you release yourself, do you feel more free?
Does the impossible become
possible if you release
something you thought was
impossible, and then...?
The impossible now seems more likely.

Fangfei 2020-10-15 17:45:07
What does this mean? (Wind, 2020-10-15 17:45:28)
Have you ever thought something was impossible? (Fangfei, 2020-10-15 17:45:34)
I think it's impossible—for example, I think it's impossible for me to win the Nobel Prize.
wind 2020-10-15 17:45:39
Um
How do you feel about it? Do you want to control it or identify with it? Fangfei 2020-10-15 17:47:53
When I thought I was going to win the Nobel Prize—my mind kept telling me it was impossible . (2020-10-15 17:48:21)
There's a desire for control or validation, isn't there? You can sense it now.
Fangfei 2020-10-15 17:48:31
wind control 2020-10-15 17:48:36
Um
wind 2020-10-15 17:48:41
Can you perceive this desire to control? Just perceive it?
Fangfei 2020-10-15 17:48:58
Yes, like an invisible hand . (2020-10-15 17:49:18)
Has it left?
Fangfei 2020-10-15 17:50:36
Seeing this control system makes me feel uncomfortable and suffocated. (2020-10-15 17:51:06)
Hmm, can you still detect it?
Want to control

it ?

Ruilan 2020-10-15 17:56:31

After the release, I felt a little less of the invisible constraints, a slight sense of loosening my grip and letting go.

wind 2020-10-15

After releasing your inhibitions, you can examine yourself. You'll find that you have fewer limiting thoughts, and things that seemed impossible before will seem more possible.

This is greater freedom

Lester Levenson (The Sedona Method) once said a quote

Every impossible, no matter how impossible, become immediately a possible as you completely released on it.

Therefore, freedom is something you can clearly experience.

Hao Xiangyang 2020-10-15 17:57:29
@Wind ? How to actively release emotions when you don't feel anything?

wind 2020-10-15 17:57:50
Do you want to change this emotionless state? Are you aware that you want to change?
Unintentional 2020-10-15 17:58:57
I have this problem too .
wind 2020-10-15 17:59:31
Yes, make yourself more aware of it. Has this desire for change been released? (Wu Xin , 2020-10-15 18:00:23)
No
wind 2020-10-15 18:00:36
Can you still sense a desire for change? (Wu Xin , 2020-10-15 18:00:47)
right
wind 2020-10-15 18:01:05
Yes, allow yourself to be aware of it unintentionally. (2020-10-15 18:01:23)
Want to let my emotions out (October 15, 2020, 18:01:32)
Let's see, has this person wanted to change and left? (Wu Xin, 2020-10-15 18:01:49)
besides
wind 2020-10-15 18:02:17
Did you realize this and want to change it, then leave?
Unintentional 2020-10-15 18:03:01
A little
wind 2020-10-15

18:03:10

Hmm, is there

anything else you want to change?

(Wu Xin, 2020-10-15 18:03:35)

have

I

understand the wind

(2020-10-15) 18:03:44

Can we allow it to surface?

Okay, let's continue with this process.

Hao Xiangyang 2020-10-15 18:06:01

Do we even want to release what we want to release?

wind 2020-10-15 18:06:19

Yes, this is about wanting control, and it makes you stuck in the desire for control = you'll get stuck.

Continue to release

无心 2020-10-15 18:08:55

@风?没感觉平静的时候就这样问，有了感觉就释放掉，平静了再这样问，这样就能做到持续释放了，对吗?

风 2020-10-15 18:09:31

有了感觉，也可以看看它是想要认同还是想要控制然后这样释放

没有感觉，你对它的想要控制（改变)就很明显了每次你说你没感觉时，实际上就有一个想要控制并不是没有感觉，只是没有一个你想要的感觉

你看，释放法的问题通过六步骤就能解决

I 2020-10-15 18:39:56

The release method is actually very simple. Just like today, with a little teaching and discussion, you can learn it and make progress with a little guidance.

wind 2020-10-15 18:44:00

Hmm, the release method is indeed very simple. I just thought of something fun.

When I first learned the release technique, my mind always resisted using it because it seemed so simple.

I wondered: Could it be that after learning Pali, reading the Tripitaka, studying German and researching classical philosophy, and learning countless Buddhist, Taoist, philosophical, and theological theories, I ended up using such a simple method?

I was very resistant to using the release method at the time; the more effective it was, the more conflicted I became.

Did I learn all this for
nothing? Now I can answer
myself definitively: yes,
I learned it all for
nothing.
Those who crave freedom
won't deceive themselves .
(2020-10-15 18:49:02)

Not only was it a waste of knowledge, but it was also something to 早早be discarded. Just like Lester threw away all his learning and then went directly to explore...

So
wind 2020-10-15 18:50:21

With the release, although I argued with others less and less, my inner conviction grew stronger.

Unintentional 2020-10-15 19:00:07

Whoever's luck in releasing wealth
increases from now on will receive a red envelope
to celebrate . (2020-10-15 19:00:53)

I've been freed from
the need to run my
life; now I basically
don't need money to
live.

For example, I'm currently in Shanghai, and a friend has to go home for some business, so he asked me to look after his house for the next few days, and I'm staying there.

release

Wisdom's guidance 2020-10-15 19:03:02

How many hours a day do you release? Is it all about releasing emotions by reminiscing about the past, or is it about setting goals to release emotions? (2020-10-15 19:03:31)

The release was delayed for quite a while today, about five and a half hours.

Wisdom's guidance 2020-10-15 19:04:03

Aside from eating and sleeping, you spend most of your time talking about letting go? (Wind, 2020-10-15 19:04:15)

The past few days have seen 24-hour releases. Without setting a goal, just keep the six steps with you, release them one by one as they come, and it will take a few days.

wind 2020-10-15 19:05:35

It should have been a week since the guidance of wisdom on October 15, 2020.

19:05:16

In previous years, the release was intermittent. (

2020-10-15 19:05:46)

Yes, in the past few years, it's been about taking small sips of wisdom as guidance.

(2020-10-15 19:05:50)

Is this the rhythm of awakening ? (2020-10-15 19:06:03)

This is the goal.

Wisdom's guidance 2020-10-15 19:06:16

Don't forget your group members after you've

awakened. (2020-10-15 19:06:25)

Haha, that's a must!

I've awakened! Can I teleport to you instantly to find you?

Teleport

I 2020-10-15 19:08:00

@Wind? When you continuously release your desire to control or to be recognized, is the desire something that comes with it and is it something you see yourself, or is it just the desire itself that comes out?

wind 2020-10-15 19:08:28

I focus on two
things I want;
sometimes, it's
something that
accompanies things.
Sometimes, it's just a
desire I don't care about.
Focus only on what you want

The era of the Internet of Everything 2020-10-15 19:08:52

@Teacher Feng, please guide me.
[Pouting][Pouting]
Is that okay? Wind 2020-10-15
19:09:05

What do you want to release?
The era of the Internet of Everything 2020-10-15 19:09:11
I have a tightness in my
chest for several days
now, and it hasn't been
relieved.
wind 2020-10-15 19:09:42
Do you want to change
this situation? (2020-10-15
19:09:49)
think
wind 2020-10-15 19:10:12
Can you sense this desire
for change? (2020-10-15 19:10:25)
Not quite
sure, wind 2020-10-15
19:10:34
It doesn't matter
Do you want to see it clearly?
The era of the Internet of Everything 2020-10-15 19:10:54
Um
wind 2020-10-15 19:11:04
Can you detect this
desire for control? (2020-10-15
19:11:06)
I want to see clearly what
desire is. (Unclear - Wind , 2020-10-15
19:12:04)
Isn't it clear you want
to change this? (2020-10-15
19:12:15)
A little
wind 2020-10-15 19:12:25
Do you want it
to leave?
The era of the Internet of Everything 2020-10-15 19:12:37
I saw a
little bit, the wind

2020-10-15 19:12:56

Hmm, let me think about it

again. Do you still want to make changes? (

2020-10-15 19:13:18)

Not very

clear yet, wind 2020-10-15

19:13:50

Do you want it clearer?

The era of the Internet of Everything 2020-10-15 19:13:56

Um.

wind 2020-10-15 19:14:06

Do you want this?

The era of the Internet of Everything 2020-10-15 19:14:27
I saw
wind 2020-10-15 19:14:35
Yes, be aware of it.
Has it been released?
The era of the Internet of Everything 2020-10-15 19:14:52
Release a
little breeze
2020-10-15 19:15:09
Hmm, there's still some left, right?
The era of the Internet of Everything 2020-10-15 19:15:16
Um
wind 2020-10-15 19:15:18
Let it surface
and see if it
leaves.
The era of the Internet of Everything 2020-10-15 19:16:36
not yet
wind 2020-10-15 19:16:46
Do you want to control
this process? (2020-10-15
19:16:58)
Want to hurry
wind 2020-10-15 19:17:10
Hmm, can you sense this desire
to control? (2020-10-15 19:17:26)
Not very
clear wind 2020-10-15
19:17:45
You still want to see
things more clearly, right? (2020-10-15
19:17:51, Internet of Everything)
yes
wind 2020-10-15 19:18:01
Have you allowed
yourself to become
aware of this desire
to be released?
The era of the Internet of Everything 2020-10-15 19:19:40
uncertain
wind 2020-10-15 19:20:15
Do you still want control?

The era of the Internet of Everything 2020-10-15 19:20:49
think
wind 2020-10-15 19:20:59
Can you detect it?
The era of the Internet of Everything 2020-10-15 19:21:06
able
wind 2020-10-15 19:21:14
Did they let them go?

时代万物互联 2020-10-15 19:21:42
走了点
风 2020-10-15 19:21:52
嗯，还能觉察到吗？
时代万物互联 2020-10-15 19:22:18
感觉有
风 2020-10-15 19:22:48
继续觉察

The era of the Internet of Everything 2020-10-15 19:23:19
[Strong] Thank
you, teacher. I
feel like I'm
getting the
hang of it.

ZOEY 2020-10-15 19:21:55
@Wind? Is it the kind that never
sleeps? Or does it release energy after waking up? (
Wind 2020-10-15 19:22:13)
On the third day of my
continuous release, I
stopped feeling sleepy,
except for taking a short
nap at noon today.
I didn't sleep for the next few days.
ZOEY 2020-10-15 19:22:46
Not tired at
all? (Wind, 2020-10-15
19:23:04)
Yes, you even need to run to
release excess energy as it
keeps flowing out.
It lasted for
a long time
but has now
calmed down
considerably.
However, I can still feel a lot of energy.
ZOEY 2020-10-15 19:25:56
@Wind? I'd like to ask, is this lack of sleep a natural result, or
did you have a prior goal in mind? Wind 2020-10-15 19:26:25
Without this goal

Just remember to keep releasing
Then I naturally slept less the next day.
Upon waking up and seeing the
six-step procedure posted on
the ceiling, my first reaction
was to continue releasing the
energy.
By the third day, each release brought forth a
surge of intense energy, leaving the body feeling
extremely comfortable.
Then, if we release it again, our
bodies can't handle it, so our
bodies are really fragile.
This retreat experience was unique.
This is an upper limit I've never experienced before.

ZOEY 2020-10-15 19:29:51

What do you mean by "can't take
it anymore"? Do I need to rest? (Wind,
2020-10-15 19:29:59)

Need to vent
I was running on the overpass.
The era of the Internet of Everything 2020-10-15 19:32:24
I feel like I'm
still at the
basic level
while you guys
are already at
the advanced
level.
wind 2020-10-15 19:32:53
From basic to advanced, it only takes less
than a week of consistent release; this
hurdle isn't that difficult.
Okay... after chatting, I
successfully got it. I went down to
release it .

Fangfei 2020-10-15 20:01:23
Two desires? — Where does the desire for security fall?
Is this a more fundamental one? (Wind, 2020-10-15 20:02:22)
If it becomes clearly visible, then release it.

Lester: What was it last time? Okay , the first thing we suppressed was the desire to live as a body, which arose as "the fear of death." How does it develop into other feelings? If I gain everyone's approval, I'm safe, I can live as a body. If I can't gain their approval, I want them to approve of me, and then I'm safe and alive—that's control. But because you're so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you've already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it, and when you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling, let go of the desire to change it. Once you release it, you can attack the feeling of fear of death

again. A small release at first allows you to move to a state where you can recognize and realize that "the fear of death is just a feeling," and you're currently equating it with actual death, which is why you're not allowing it to come out. If you don't equate the fear of death with death itself, you can let it out, and you'll be free in about one or two weeks. It struggles, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You've done an incredibly beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time , I usually avoid it because most people don't release it smoothly; they get stuck on it. But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer keep them underneath; you allow them to surface and leave. Because it is also constantly...

Every repressed feeling tries to push itself up and out. So when you do it, it's very light.

It's easy; they appear and disappear like waves until the waves stop, and then you're done.

Lester believes that the fear of death (the desire to survive/be safe) is masked by a desire for identification and control. If you focus on releasing these two desires, the underlying motivations will automatically surface and be released.

So, overall, there are three main desires.

But you really only need to pay attention to these two things.

D 2020-10-15 20:06:16

@Wind? I released all my emotions today; they all boiled down to "wanting validation" or "wanting control," without even using the three-question approach.

The release was very successful.

Much more effective than a three-question question. (Feng, 2020-10-15 20:06:43)

Yes, the three-question question is the starting point.

If it can release desires, then this method doesn't require three questions.

Let's continue.

Purple ins 2020-10-15 20:07:26

@Wind? What you brought us today was useless. I don't want to use three questions either.

wind 2020-10-15 20:08:16

Here's the thing: the 1992 release method course , with its 1234 videos, uses three-question phrasing to release emotions.

5678 videos are the method I used today to guide you through releasing desires.

Releasing desires is many times more effective than releasing emotions;

ultimately, the student will
use this method.
If you've learned it, then use this.
If you really can't find the feeling of releasing desire,
then use the three-question method to familiarize
yourself with the general idea of releasing emotions.

D 2020-10-15 20:11:29
They moved so fast, it was unbelievable to me, a new student
who had only used it for a day and a half. Everything else
requires diligent practice to achieve rapid results, but the
release method doesn't need that.
Incredible
wind 2020-10-15 20:12:32
Yes
Release method is efficient and simple
D 2020-10-15 20:13:44
If it's that simple, why did
Lester Levenson (The Sedona Method) teach
for decades? (Wind, 2020-10-15 20:14:47)
They're not the same group of people.

Many batches of graduates
Guess how many days the
Liberation Method course
will last? Only four days!
The first two days I
learned how to release
emotions, using the
three questions; the
next two days I'll learn
how to release desires,
using six steps.
Now all the tools to freedom are in hand.

D 2020-10-15 20:16:09

I think all emotions
are driven by desire . (2020-10-15
20:16:16)

Yes
Desire is the cause of emotions
Therefore, once you learn that method, you
no longer need to use that method to
release emotions; you only need to release
desires.

Zhao Jiaman 2020-10-15 20:24:34

@Wind , where in Shanghai are you? I don't have teleportation skills, but I can see you by public transportation. [Grinning face]

wind 2020-10-15 20:25:48

Pudong
Like Lester Levenson (The Sedona Method) , he lived in seclusion in the city.

苏 2020-10-15 20:28:11

想问一下，如果是决定想要自由而不是想要这个世界，那应该怎么释放？是不断的觉察欲望还是说仍然可以针对生活中的困境释放？

风 2020-10-15 20:28:35

都可以
生活中的困境也是欲望只要持续释放就
可以
莱斯特说过，一开始你是没选择的因为太痛苦了，
生活在痛苦中
所以只能为了脱离痛苦而释放
但是当你释放到感觉很好的时候，你要为了自由而释放

I 2020-10-15 20:46:24

What I mean is, @Wind, could you come out more often and guide us? [Laughing emoji] Wind 2020-10-15 20:46:46

I will.

However, I don't want to become a Haier.

He guided so many people to learn how to let go, yet he himself reached the end.

Qingxi 2020-10-15 21:20:05

@Wind ? Isn't proving something also a disguised form of seeking validation? Wind 2020-10-15 21:20:38

prove?

Qingxi 2020-10-15 21:21:18

A desire to prove one's strength, huh? (Wind , 2020-10-15 21:22:08)

If you feel it, then it should be Qingxi 2020-10-15 21:22:14

There is also resistance

I can almost feel myself wanting to prove myself, and resisting it. I'm not sure which kind of desire to categorize it precisely. (Wind, 2020-10-15 21:23:36)

Resistance is an emotion

Consider whether
you're trying to
control or perhaps
seeking approval.
Or both
The desire for recognition is the reason for control.

Lester: Releasing the desire for recognition and control is also a shortcut, compared to releasing all the emotions beneath them. Recognition and control. When you no longer want recognition and control, all the emotions beneath them leave. But until you release the fear of death , you still have the desire for recognition and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to, and that makes you safe. That's control. But when you release the desire for recognition and control, all the feelings beneath it leave. What's left is just the desire for recognition and control, which you release by releasing the fear of death. When you get there, it's very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it just pushes itself out. Then you laugh, and your mind shuts down. That's a silly joke; it plays on your true self, thinking you're restricted, but you never are.

The desire for control is a desire
for identification that develops in
order to survive; you want to
identify.
You want recognition, but others don't give you
that recognition. This develops into a desire to
control and force others to agree with you.
By wanting to control all things

If 2020-10-15 21:29:29

@Feng?Teacher Feng, when I am continuously releasing the desire to control and identify with a very important event, I also realize that the desire to identify with and control another event is making me very uncomfortable. What should I do and which one should I release first?

wind 2020-10-15 21:30:56

Release the one you are most aware of.

倚天 2020-10-15 21:31:05

分不清楚是想要认同还是想要控制的时候，可否直接释放那个“想要”？@风

风 2020-10-15 21:31:57

嗯，那就释放想要控制你就能

分清了

On October 15, 2020, the speaker explained how to guide and release information through a process, sharing the experience of one "knowing" after another occurring.

Purple ins 2020-10-15 10:05:54
Feeling blurry
I don't know what
I want; it feels
like I want to
control myself.
Emotions, when they see something
they want to control, obscure themselves like a
wind. 2020-10-15 10:08:35
When your feelings are blurred, the
desire for control and the desire to
change the current situation become
very clear.

Use six steps
Seeing your own feelings as a desire for
control or a desire for validation
—sometimes you see a desire for
validation.
But at that moment you immediately develop a desire to control it.

You want to change it
This manifests as a feeling of being stuck.

Can you sense this desire
for control? Has it left?
This is the fifth step of usage.

Also, please don't overlook step six.
Each release brings more joy, ease, and
freedom, taking you back to the first
step and making you crave freedom even
more.

If you don't feel more joyful, relaxed, and free when you release, you're not releasing ; you're trying to control.
At this point, apply step five: become aware of the desire to control (change), and release that desire to control.

After releasing the tension, you feel relaxed and have a subconscious tendency to do other things because you want to maintain this comfortable feeling.
This is also a way to control and remind myself.
Notice this desire to control, continue to release.

Let me emphasize step six again: release is very easy.
I've found that often we release things with resistance rather than with a sense of ease, joy, and freedom. But having that experience can be a powerful motivator.

带着抗拒（想要控制），你就会卡住就
这么简单，都在六步骤里面

Yitian 2020-10-15 10:21:13

"Wanting to change the current situation" is the key point. But if the current situation is really bad, how do you let go of this desire?

Wind 2020-10-15 10:21:40

It's just a feeling.
The only component of things
is your feeling. You say
that's terrible, but that's
just a feeling.

Yitian 2020-10-15 10:23:00

For example, when I meditate, I know that pain is just a feeling, but I can't stop wanting to be free from pain.

风 2020-10-15 10:23:38
释放最好不和打坐混用
因为打坐的时候，你带着一个想要控制
你一边想要维持一个姿势不动，一边想要释放但如果你是有
意识去做，你会被卡在那里
因为你刻意有意识去做的时候，你带着想要控制如果你是被动
地被捆起来，只要你接受这个状况然后释放，你不
会被卡住

Wind 2020-10-15 10:26:41

I had an even deeper experience yesterday.
After a little consideration, I decided to share it.
I found myself instinctively
defensive when I crossed the
street to buy water and food.
On a more subtle level, I saw my
desire for control, so I released it.
After releasing the
urges for more than
ten minutes, I
naturally closed my
eyes.
Guided step by step by an inner "knowledge," I walked back home.
This kind of knowledge is not sight, not hearing,
not anything in the senses, but it is more
comprehensive than sight or hearing.

I simply became
increasingly certain,
step by step, without
hesitation or wavering.

Life is precious 2020-10-15 10:31:18

Is it a form
of trust? (Wind)
2020-10-15 10:31:31

If you're talking about trust,
there's a duality involved , but
the feeling isn't separate.
It's a series of "knowings" happening one after another.
I know I'm going this way, and I know where I'm going next.

I'm still releasing today.
Because 早I used to work with
my eyes , but I discovered I
could work with awareness, so
now it's about half and half.
Sometimes I habitually work with my eyes.
But once I become aware of it, and release the urge to see and control it, I can return to the work of awareness . 2020-10-15 10:33:56
You're still working, not in seclusion, Feng ? 2020-10-15 10:34:16
By "work," I mean
watching the road and
looking at things.
For example, brushing your teeth and washing your face.
The problem here is that these are
things you really want to control when
you go deeper, things you'll come
across
I even saw myself consciously
operating my five internal
organs , but these things
don't need to be considered at
the beginning.
When I released some of my fear of death, I found that control over my body became significantly more apparent.
Come
For example, my simple sitting posture
Sitting up requires energy, the
ability to maintain control over the
body, and the desire to control it.
Purple ins 2020-10-15 10:38:41
Is it because the mind believes that not controlling it will lead to death, and because of this fear of death, it seeks control? (Wind) 2020-10-15 10:39:06
Yes, at the very bottom,
the desire to survive
will become increasingly
clear as one is released
from this state.

My biggest problem right now is that

it's easy to stop releasing the
tension, and I have to constantly
remind myself of the six steps.
Otherwise, you will enter a state of awareness where
everything around you feels perfect and harmonious. Whenever
this happens, you should remind yourself of the first step.
This cessation is also due to the desire for control.

Purple ins 2020-10-15 10:43:08

自由六步

- 你必须想要自由超过想要世界。（你必须想要自由超过想要被认同和想要控制，想要被认同和想要控制=想要世界）
- 做出自由的决定。
- 所有感受都来自想要被认同和想要控制，它们都是生存程序。释放它们。
- 持续释放。
- 当你卡住时，释放对卡住的感受的想要改变。

6 每次释放，你都更愉悦、轻松、脱离限制。随着释放，你会越来越愉悦、轻松、脱离限制。

@Wind ? Is this the six-step method? Wind 2020-10-15 10:43:53

Yes, this is something I pieced together using words from Lester's audio (the way): using the freedom of the sixth step to enhance the desire for freedom in the first step.

Make a decision

The whole world is your feelings, and feelings are the desire to control and identify with them.

Keep releasing them, and you won't get stuck. The only thing that gets stuck is the desire to control (change) and feel at ease. 2020-10-15 10:46:15

Yesterday I was in a very calm state, without any emotions or desires, and I didn't know what to release or how to continue releasing them. Wind 2020-10-15 10:46:27

Want to control

You want change to happen

Peace of mind and freedom 2020-10-15 10:47:29

I also felt that I was stuck because I couldn't control my body and my mind wasn't completely relaxed , right? Wind 2020-10-15 10:48:44

Yes, if you try to control it, it will get stuck. If you don't control it, it won't get stuck. It's that simple. But achieving non-control isn't about suppressing your desire to control.

Instead, become aware of your desire to control and let it go.

Every time you get stuck, you immediately realize that you clearly want to control it.

You don't need to worry about the reason for the blockage at all.

Is it because you feel it so strongly? Is it because you really want it? Is it because you're too nervous? Is it because of fear of loss? Is it because you prefer comfort? Is it because you abhor pain? These are completely irrelevant.

As long as you see what you want to control

Once you realize that you want to control something right now, regardless of the

reason, the moment you become aware of it, it becomes easy to release it.

I recorded some insights during the release process at Gain. In the book , I recommend that you also use the gain book method as in the course. This is actually the sixth step in a six-step process.
It will give a clear motivation to take the first step in wanting freedom.

Stars 2020-10-15 15:16:45

@Wind ? Through release, have you become calm, peaceful, and comfortable? The purpose of release is to rediscover our peaceful nature, right? It's not about releasing for the sake of releasing. Maintain a continuous act of releasing. If you're already at peace, why force yourself to release? Release is needed when you're not at peace.

Wind 2020-10-15 15:22:02

Each time you release yourself, you feel higher.
The previous peace was only relative; you've just reached a comfortable stage, and then you'll lack motivation.
Previously, because I was living in pain, I had a strong motivation to release it. Later, it became necessary to strengthen the first step, in order to liberate Lester Levenson (The Sedona Method), who had an audio recording titled "Get High to Release."
This practice has been specifically criticized.
This way, you'll never reach the finish line.
Because this is to release feelings of goodness; when you feel good, you stop.
When you stop, you are suppressing your emotions, and the survival program will develop. If you're not heading towards freedom, you're heading towards restriction.
Therefore, Lester emphasizes the importance of continuing to unleash your potential when you're feeling good and going even higher when you're already at a high level.
higher and higher
We cannot remain in this perfectly harmonious feeling of the present moment.
Listen to the article "Get High to Release," and you'll understand. don't have to wait you down then Release get high to release
If you feel at peace, release that peace, and you'll feel even better. Give it a try!
If you don't release, you're suppressing; there's no such thing as stillness.
If you're not moving forward, you're moving backward.
If you don't undo your mind and make it quieter, then your mind is becoming noisier. Therefore, you must continue to release your mind until you reach the end.
make it constant
This is the fourth step.

Survival program is
your feeling ; feelings
drive feelings.
If you suppress it, hide it
If you don't suppress it, it will be released.
Once you've released all your feelings—that is, your survival process—it's all over, and you're free.
There is no intermediate point where you need to stop.
So when a student asked him how, how,
Lester said in the audio...
you Stopped. There is no stop in the six step.

Maintaining this comfort also
means wanting to control it . is
no stop in the six Step Lester's
original words

How many people release in order to feel good? How long are you going to wait? That's your problem; you're not doing it. What are you doing? You just want to stay in the good feeling, so you can only release after you feel bad in order to continue getting the good feeling, because there's only one good feeling: the feeling after releasing.

How many of you wait until you get high before your release? how many wait or go high to release?? There's your Problem. You're not doing it.? What are you doing? You're wanting to feel good so you're waiting till you get down and then you're released to feel Good. Because it's only one to feel good that release to make you feel good and that's it.

After a while, you feel bad again, so you release to feel better, and this cycle repeats, prolonging the whole process . If the purpose of releasing is freedom, a few months is enough to clear out all the clutter. If the purpose of releasing is to escape a predicament, then it becomes an extremely long process.

The time being and so you feel not good again; you'll release again to feel good again thereby dragging out the whole process. Now if you would release for the purpose of one in the go free then it would take you months to clean out all the garbage. But you're not releasing the goal free. You're

releasing to get out of the misery. It's a drawn-out process that way.

I translated a passage on the spot.

get high to release

Miracle 2020-10-15 15:58:41

I will resist release

Wind 2020-10-15 15:59:17

situation ? @MiracleMiracle

2020-10-15 15:59:53

@Wind ? Yes, I don't know why, but when I think about letting go, another force

风 2020-10-15 16:00:16

你现在想要控制那个状况吗？[大笑]奇

迹 2020-10-15 16:00:33

一直堵在我胸口

是的，我想控制

风 2020-10-15 16:00:16

你能觉察到那个想要控制吗？奇

迹 2020-10-15 16:01:18

comes to mind.

能觉察到你想要控制它吗？
奇迹 2020-10-15 16:02:04
我能觉察到，我还能觉察到我想排斥我的控制风
2020-10-15 16:02:13
嗯，这个想要控制离开了吗？
奇迹 2020-10-15 16:02:31
没有的

The era of the Internet of Everything 2020-10-15 16:15:50
you financially
independent yet? 2020-10-15 16:16:06
I have always been
financially independent. The era of
the Internet of Everything
2020-10-15 16:17:30
What are your standards
for financial freedom ? 2020-10-15
16:18:08
Does the fact that you don't
need to think about money at all count as
part of the era of financial freedom and the
Internet of Things? 2020-10-15 16:18:50
Is it because of a good job, or a
wealthy family background ? 2020-10-15
16:21:28
Yeah, my dad owns
a company, so my
family is pretty
well-off.
However, my financial
freedom isn't because of
this , but because I don't
need it.
I am a freelancer
Data analysis shows that
one successful deal can
provide enough income to
last six months in US
dollars.

Zhao Jiaman 2020-10-15 16:30:42
I was introduced to her by the group admin, who said she was

enlightened, and it was the group admin who added me to her group.
[Grinning face]
Wind 2020-10-15 16:31:48
In reality, we can't judge whether someone has attained enlightenment; we can only experience it for ourselves.
As we are liberated, we will increasingly discover that the limits of freedom are not as small as we thought, and the concept of the possibility of awakening will become clearer.
Therefore, from my personal perspective, I now believe that most New Age spiritual practitioners are not enlightened, even if they claim to be.
This includes Zhao Jiaman from A Course in Miracles. 2020-10-15 16:38:44
Dr. Yang Dingyi led everyone in group practice, and they only slept a few hours a day for several dozen days. 2020-10-15 16:39:11
People may not understand traditional meditation, which can also achieve certain results.
However, meditation is not enlightenment.

Zhao Jiaman 2020-10-15 16:40:23
Having everything one desires is supernatural power, but it doesn't necessarily equate to enlightenment.
Yogananda wrote about wind... 2020-10-15 16:40:37
Yes, Lester Levenson (The Sedona Method) also said that.
Living by miracles doesn't mean any spiritual progress. There are many problems, but I don't intend to really criticize it. Everyone has their own karma.
A Course in Miracles has many theoretical problems; I've studied a lot of theories before.
This era will have many seemingly plausible but ultimately flawed things;
fortunately, the Release Law is not one of them.
The release method really works for me.
2020-10-15 16:48:02
A Course in Miracles, firstly, was not written directly by the author after enlightenment, but rather a paraphrase. Secondly, it required translation . 2020-10-15 16:48:47
Enlightened beings do not transmit their teachings through spiritual means.
Lanruo 2020-10-15 16:53:00
@Wind ? In what way would an enlightened being transmit his teachings? Wind 2020-10-15 16:53:20
It may transmit teachings directly through the causal body.
Perhaps through the body, like Lester
However, it does not use psychic abilities to transmit the leaping flame of teaching. 2020-10-15 16:54:32
Maybe it's one approach. I think

those books are quite good; the
principles they convey aren't
distorted.

Wind 2020-10-15 16:54:55

You can't look at it that
way.
There is a concept
called the method of
similarity, which is
a kind of seemingly
correct but actually
flawed teaching.
If one desires freedom, it is only
natural to abandon such similar ideas.
How easy is it for someone to
pretend to be an enlightened
being? Just say a few words about
light and love.
But darling, is that really true? We can't tell.

Fangfei 2020-10-15 17:01:26

Wind, if you're hesitant to accept payment, that's just normal charging. But why are you so embarrassed to ask for it? I'm trying to overcome this . @Wind

Wind 2020-10-15 17:01:43

Want recognition?

You will
realize this
yourself; no
analysis is
needed.
Release it immediately once you become aware of it.
Can you sense this
desire? Fangfei 2020-10-15 17:04:59
Want to let
go? (Wind) 2020-10-15
17:05:32
Hmm, look at this one, did it
leave? Fangfei 2020-10-15 17:06:22
Why do I feel so calm as
soon as you say that? It's
like I've left.
I kept asking myself - can I let go of the desire to change and
leave? It felt like there was no wind. 2020-10-15 17:06:45
Imagine that situation. Do you still want to
agree or control? Anything else?
Allow it to
surface Fangfei 2020-10-15
17:07:33
I still want
to agree with the wind
2020-10-15 17:07:48
If you notice this
urge to agree , then
observe whether it
has left.
Fangfei 2020-10-15 17:08:23
If I become aware of it, will
seeing it allow me to leave?
Indeed, I am calm now.
Wind 2020-10-15 17:08:42
Take another look. Do you
still want to agree? If so,
try allowing yourself to
become aware of it.
Fangfei 2020-10-15 17:09:06
A little
bit wind 2020-10-15

17:09:17
Hmm, did you
notice it
leaving?
Fangfei 2020-10-15 17:09:26
I noticed
wind 2020-10-15 17:09:26
Has he been
released? (Fangfei,
2020-10-15) 17:09:38
Basically
left the wind 2020-10-15
17:09:38
This is the process of releasing desires later on.
Okay, let's see. Are there any
others who want to agree? Fangfei 2020-10-15
17:10:01

There was also a
slight breeze. 2020-10-15
17:10:20
The process of releasing desire is very simple.
When you become aware of desire, there is a
natural tendency to let it leave the fragrance. 2020-10-15
17:10:44
It's very peaceful
now, with a cool breeze.
2020-10-15 17:10:54
Continue this process until you
feel completely free and joyful. 2020-10-15
17:11:35
It's about noticing it, and then asking—has it
left yet? (Wind) 2020-10-15 17:11:42
Um
Ask a question
Do not omit any steps
Otherwise you'll
get stuck. Can I
let go of it?
Sometimes you've already let go before you even ask.

Wind 2020-10-15 17:12:49
Today you can
refer to a few
case studies to
see how these
processes work.
They are all very simple.
We're just used to suppressing
our emotions, not used to
releasing them simply through
processes; it's that simple.
It's also very easy
For those who have difficulty with release, I can provide guidance at any time, but it's best not to rely too much on others' guidance. The reason Lester didn't leave behind any instructional videos or audio recordings of release techniques is to avoid people...
They believe it was "him who did it".
Don't think I did it for you; you did it yourself.

Ruilan 2020-10-15 17:24:33

@Wind ? I need guidance [grinning face][grinning face], I’m just starting to learn.

风 2020-10-15 17:24:57

你想释放什么？

瑞兰 2020-10-15 17:25:27

想要认同，就是不敢向别人张口要钱。风 2020-10-15 17:25:40

嗯，你能觉察到这个想要认同吗？瑞兰 2020-10-15 17:25:52

能

风 2020-10-15 17:26:07

它离开了吗？

Ruilan 2020-10-15 17:26:09
I feel so depressed.
When you asked, I felt a gas spreading
from all around; I'm not sure if it
was leaving.
Wind 2020-10-15 17:27:02
It's okay. No matter what happens, let's see. Do
you still want to agree? —Ryland 2020-10-15 17:27:10
have
Wind 2020-10-15 17:27:11
Can you still
detect Ruilan now? 2020-10-15
17:27:17
dizz
ines
s
Wind 2020-10-15 17:27:34
Do you want to control
this dizziness? (Ryland) 2020-10-15
17:27:47
have
Wind 2020-10-15 17:27:58
Can you make it
leave? Ryland 2020-10-15
17:28:07
uncertain
There is
fear and
dread in
my heart.
Wind 2020-10-15 17:28:28
Can you sense this
fear? Ruilan 2020-10-15 17:28:33
able
Wind 2020-10-15 17:28:40
Do you want to
change it? Ruilan 2020-10-15
17:28:44
have
Wind 2020-10-15 17:28:53
Did this person want to
change and leave? Ruilan 2020-10-15

17:29:22

Uncertain, I feel a bit bewildered . 2020-10-15 17:29:37

It doesn't matter

Do you still want to change? (Wind) 2020-10-15 17:29:54

I only noticed it on Ruilan 2020-10-15 17:29:54

want

to

Wind 2020-10-15 17:30:13
Yes, I noticed it.
you allow yourself to
remain aware of it as
it leaves?
Ruilan 2020-10-15 17:31:04
Now, changing things isn't
that difficult, it's not that strong a
wind. 2020-10-15 17:31:14
Let's look at the rest that we want to change.
Can you simply perceive it
at this moment? — Ryland 2020-10-15
17:31:44
Want to change the blockage in
my heart and the stiffness in my shoulders
2020-10-15 17:31:58
Hmm, let's see if it's
been released? Ryland 2020-10-15
17:32:01
I want them to
leave quickly ,
um, there are
fewer of them
now.
Wind 2020-10-15 17:32:17
Do you want to get them
to leave quickly? Ryland 2020-10-15
17:32:23
yes
Wind 2020-10-15 17:32:37
Hmm, I sensed that this
person wanted to control Ruilan.
2020-10-15 17:32:57
They were eager for
them to leave the wind. 2020-10-15
17:33:08
Just look at it
and want to
control it
without worrying
about anything
else.

Do you want
control? Ruilan 2020-10-15
17:34:01
When I see this and want to control
it, I'm not in such a hurry anymore ,
um, there is.
Wind 2020-10-15 17:34:39
But you still want to control
it, don't you? Ruilan 2020-10-15 17:34:47
yes
Wind 2020-10-15 17:34:47
Hmm, I just
noticed the wind. 2020-10-15
17:34:59
Has it left?
(Ryland) 2020-10-15 17:35:11
besides
I'm feeling
a bit better. wind
2020-10-15 17:35:20

嗯，允许它浮现出来
瑞兰 2020-10-15 17:35:57
内心还要一些批判，怎么那么多的想要控制风
2020-10-15 17:36:29
允许自己觉察到，它离开了更多吗？瑞
兰 2020-10-15 17:36:33
看到了很多的想要控制，不停的想要控制离
开了一点，因为太多了
风 2020-10-15 17:37:51
嗯，重复这个流程

Ruilan 2020-10-15 17:38:15
Hmm, I feel a little
less upset, Ruilan. 2020-10-15
17:38:46
But I saw so many people trying to control things. It
felt like they couldn't live without control. [smirk] 2020-10-15
17:38:57
It's okay, just keep releasing it.
With each release, don't you feel a
little more relaxed and free? So, keep
releasing!

October 15, 2020 (New) Feng explains karma, mind, how to release pain, and Lai.

Sterling only began teaching the release technique later on.

Asagao 2020-10-15 12:06:10
@Feng ?Teacher Feng, can releasing
karma eliminate negative karma? Feng 2020-10-15
12:06:36
Karma is just your
feeling; Lester calls
it a process.
Only in your mind
To answer you in Lester Levenson (The Sedona Method) 's own words

Lester: Karma is in the thought, not in the act. When you do something, it's the thought that's carried over in the subconscious that instigates the act next time. Eliminate subconscious thought and you eliminate future karma. It's the thought that carries over from lifetime to lifetime. So if you bring the thought

up and you reverse it, karmically it's Gone.
A: Karma resides in thoughts, not actions. When you do something, unconscious thoughts instigate the next action. Eliminating unconscious thoughts is eliminating future karmic retribution. It is these unconscious thoughts that permeate our lifetimes. Therefore, if you can bring your thoughts to the forefront and reverse them, karma can be eliminated.

Id like to know a little more about how karma works and Why it works. I'd like to know What puts it into effect? What Start the wheel. In your book, you mention that it's the thought.

Q: I'd like to know more about how karma works and why it exists. I want to know exactly what makes karma work, what sets the wheel of karma in motion. You said in your book that it's because of thoughts.

Lester: The word "karma" is a Sanskrit word meaning action. Its general use means action and the reaction to the action. Other explanations are cause and effect? What you sow you reap; What you give out come back to you.
A: The word "karma" in Sanskrit means "effect." The common interpretation is effect and the reaction to that effect. Other interpretations include: cause and effect; you reap what you sow; good deeds bring good results, and evil deeds bring evil results.

Karma is initiated in thought. Thought is the cause and action is the effect. When we create a Desire we want something. The Desire initiates the thought of wanting something. Wanting something causes us to act to get that something. That something does not satisfy us and Therefore we increase the desire. That goes on and on and on, and we become bound by desire never able to Satisfy it. If our desires were capable of being satisfied, we would have no Desires, right?
Karma begins with thoughts. Thoughts are the cause, actions are the effect. When we create desires, we want something. Desire initiates the thought of wanting that thing. Wanting that thing then leads us to act in order to obtain it. After obtaining it, we are not satisfied, so we create new desires. This cycle repeats itself, and we are trapped in desires, unable to extricate ourselves or find satisfaction. If desires could bring us satisfaction, shouldn't we no longer have desires?

Wind 2020-10-15 12:10:03
Karma is the effect.
Mental habits are karma; habitual thoughts define your world.

Wind 2020-10-15 12:10:47
In reality, no one can help you determine your basic desires.
Your desire for control stems from your
desire for validation, and your desire for
validation stems from your need to survive
as a physical body. But what you perceive
right now is what you need to release.

Wind 2020-10-15 12:12:13
You can check out my translation of the
Lester audio series , "The Way," which
discusses basic desires.
Asagao 2020-10-15 12:12:24

@Wind ? Why can't wishes
come true? Wind 2020-10-15 12:12:55
Each single thought
manifests in my
original Lester text
The group owner's official WeChat account has it.

The sole function of the
mind is to create. But
you've become programmed
by your feelings.

Therefore, you cannot control the inertia of your subconscious thoughts . 2020-10-15 12:16:36

@Wind ? If the mind creates in the masses, why are the scripts all painful? 2020-10-15 12:17:16

Because you've programmed it.

Those thoughts you don't want to see, you suppress them into your subconscious. The subconscious doesn't mean it's not working, it just means you don't look at them.

Asagao 2020-10-15 12:17:46

@Wind ? How do I flip it? Wind 2020-10-15 12:17:59

By releasing karma, it can remain only in your mind.

By releasing your feelings, you clear a portion of your mental processes.

RainForest 2020-10-15 12:14:10

Teacher Feng, every time I sense a feeling, like the urge to control it, a concept immediately pops into my mind . At that moment, I can't distinguish between the feeling and the concept... I don't know what to release. My mind even asks me a question: past feelings are just memories, future feelings haven't arrived yet, so what should I release...? And then I get trapped in my mind.

Wind 2020-10-15 12:16:41

Do you want control?

RainForest 2020-10-15 12:18:35

I want it, but when I answer "I want it," I feel a sense of control, and then my mind quickly conceptualizes this sense of control...

Wind 2020-10-15 12:18:55

Hmm, do you want to control this process?

Yan 2020-10-15 12:19:41

Haha, I have a question. I'm not feeling well and have a deep sense of fear. How can I release the urge to die? (Wind) 2020-10-15 12:20:12

If you become aware of the fear of death, you can release it, but what lies beneath it is a great deal of desire for control and identification.

Yan 2020-10-15 12:20:32

I saw it; it's still very deep.

风 2020-10-15 12:20:52

你想要改变那个对死亡的恐惧吗？

Yan 2020-10-15 12:21:05

是啊

特别想

风 2020-10-15 12:21:32

你能觉察到这个想要改变吗？

Yan 2020-10-15 12:21:42

能啊

风 2020-10-15 12:22:00
它离开了吗?
Yan 2020-10-15 12:22:21
是不是先要把前面两个欲望释放掉才容易释放掉想要死亡风
2020-10-15 12:22:32
嗯
Yan 2020-10-15 12:22:32
没有离开，我喜欢控制
风 2020-10-15 12:22:43
再看看，你还想要控制吗?
只是觉察到它
Yan 2020-10-15 12:23:07
还是想啊，我是控制狂

Asagao 2020-10-15 12:23:12
Release it all. For example, at your energy level,
wouldn't you no longer have a mind ? 2020-10-15 12:23:23
I'm still a long way off
However, as it is released,
the mind will gradually
disintegrate this ability to
experience.
Yan 2020-10-15 12:24:27
That means first releasing the desire to control, to change death, and to live.

Wind 2020-10-15 12:24:48
Once you release the urge to control, you will
no longer suppress your fear of death; it will
surface and be released.
Lester said, "Release your mind, and what
remains is infinite existence—it's that
simple."
The mind is nothing other than the
collection of your feelings and
thoughts that you want to control,
identify with, and feel safe (for
survival).
three desires
Lester sometimes uses the fear of death
to mean the desire to survive.
The desire to change is also a

desire for control, so all
that's needed is to release
three things.
The desire for control, identification, and survival (fear of death)

Asagao 2020-10-15 12:27:44
Is karma the thoughts and emotions
attached to the mind? (Wind) 2020-10-15
12:27:59
It's not
attached to
the mind; the
mind is not a
box.
The mind is the collection of thoughts and emotions.

Once thoughts and emotions are
released, the mind is no longer
in control, and you can easily
release whichever one you are
most aware of.
Once you release the surface-level fear of
death—whether it's the desire to control or
identify with it—your mind is cleared.
It's completely over.
Because it is the cause
of all feelings, and
all feelings are the
survival program. To
use Lester's exact
words...

Lester Levenson (The Sedona Method) : What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it. When you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling , then release the desire to change that vague feeling. Once you release it, you can attack that feeling of fear of death again. Initially, a small release of it allows you to move to a state where you can recognize and realize that "the fear of death is just a feeling," whereas you are now equating it with actual death, which is why you don't allow it to come out. If you don't equate the

fear of death with death itself, you can let it out , and you'll be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You've done an incredibly beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time, I usually avoided it because most people don't release it smoothly; they get stuck on it. But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer keep them at the bottom; you allow them to surface and leave. Because it's also constantly trying to push itself up and out—every repressed feeling does that. So when you do it, it's very easy; they just appear and disappear like waves until the waves stop, and then you're done.

Is it a long process to release the fear of death by releasing it day by day, moment by moment, or by taking shortcuts ?

Lester: Releasing the desire for recognition and control is also a shortcut, compared to releasing all the emotions beneath them. Recognition and control. When you no longer want recognition and control, all the emotions beneath them leave. But until you release the fear of death, you still have the desire for recognition and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to, and that makes you safe. That's control. But when you release the desire for recognition and control, all the feelings beneath it leave. What's left is just the desire for recognition and control, which you release by releasing the fear of death. When you get there, it's very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it just pushes itself out. Then you laugh, and your mind shuts down. That's a silly joke; it plays on your true self, thinking you're restricted, but you never are.

The first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that is control. However, because you are so afraid of allowing these feelings of fear of death to surface, you need to first deal with the desire for approval and the desire for control. When you release those, the "fear of death" at their core will naturally and noticeably emerge for you to release.

Wind 2020-10-15 12:32:34

> Lester's statement explains why all feelings are part of the survival process.
> all feelings are survival programs

Wind 2020-10-15 12:33:35

"The Road to Ultimate Freedom" is 早a collection of audio episodes .

At that time, he had not yet invented the release method, and tried many ways to teach, but nothing significant.

use

1975 , Mr. Lester obtained the

The effects of moon meditation

method and discovered that one

release was equivalent to several ,

so he spread the release method.

I'm currently translating the later audio after Lester invented the release method.

the The way is 1989

In the later audio, Lester only teaches the release method.

Another video I translated was the 1992 Liberation Method course.

At that time, Lester Levenson (The Sedona Method) was still alive, sedona The institute still belongs to Lester Levenson (The Sedona Method) himself, and the curriculum was designed by Lester Levenson (The Sedona Method) and has not been changed.

Later, Haier established his own Freedom of Life organization, Larry established one, and there were also small-group teaching programs for other students. They couldn't teach the same thing, so they all made many additions and changes. But based on my own experience and the detours I took , these additions and changes only weakened the power of Freedom of Life.

早Not much has changed during this period.

But I have been following Haier and Larry for a long time.

His later sharing was basically unrelated to the release method.

Stephen was also a student at Lester Levenson (The Sedona Method) .

He believed Larry and Hale had changed the method,

reducing its power, so he also came out to teach it.

However, a kind person uploaded the original 1992

version to YouTube.

Therefore, we can use that directly.

Actually, you can master the release

method by simply watching the video

and following along once; you don't

need to read a book.

The video contains almost

no theoretical explanation;

it simply guides students

through the release

process.

You'll naturally learn if you just follow along.

You'll be amazed by the simplicity and effectiveness of this method.

Next, you can listen to Lester's advanced course

for the graduates of St. Donatello , also known

as the "The Way" series.

He will give you some

guidance on the path to

freedom, and you will

follow one of them.

Follow

the

instruct

ions to

continue

releasin
g
That's fine.
The autobiography was written in 1972 ,
before he received his release, so it can be
used as a theoretical reference.

I've been letting go; those intellectual
questions aren't really that important. I'm
just writing down what I've learned.
It will support you on your path to freedom

D 2020-10-15 12:55:32
I was really, really hungry, and after releasing it, it actually left.
@Wind ? But why can't
I release the pain ?
Seeking
advice from Teacher Feng
(October 15, 2020)
12:55:59
This is normal.
It's normal to release feelings of hunger and drowsiness.
Especially when you release
your desire to control it, the
hunger will dissipate.

D 2020-10-15 12:56:37

So how exactly do we resolve the pain? (Wind) 2020-10-15 12:56:50

The pain is the same.

Pain is the physical expression of emotions.

towards to death

physical pain in your body.

Group member 2020-10-15 12:58:26

Many higher-dimensional beings and aliens are watching humanity graduate from Earth, a level three to four wind [grinning face]. 2020-10-15 12:58:29

In fact, according to Lester, we are the higher-level classroom, and they are the lower-level classroom. I'll answer this with Lester's autobiography.

Just take a look.

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult and Therefore affords the greatest growth. All of us who are here are advanced souls-advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course, a tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate course . This one is the most difficult, and therefore offers the greatest potential for growth. All of us here are advanced souls —advanced because we chose to settle in an extremely challenging place. We wanted a more advanced course, something more difficult, and we got it !

The more

difficult, the more

sophisticated the cleverness.

(2020-10-15) 13:03:15

The first thing we suppress is the desire to live as a body, as a "resistance to death."

It arises from the fear of being controlled. How does it develop into other feelings? If I gain everyone's approval, I am safe , and I can survive as a body. If I cannot gain their approval, I want them to approve of me, and then I can be

safe and survive—that is control.

> This passage makes everything very clear: the human desire for survival led to the development of identity and control, which explains...

It's over.

Wind 2020-10-15 13:04:20

> Yes, Lester's explanation
> was very concise, clear,
> and powerful.
> We don't need to mix in any other
> concepts; he was using everyday
> English.
> Spiritual vocabulary is rarely used.
> Therefore, modern people can have a very direct contact with these words and their experiences.

Lester's later teachings were simple: Go forth and set free; follow the six steps, and you will be free. Metaphysical discussions are futile, because the mind can never conceive of infinite existence.

Don't play with concepts.

I went into seclusion to experience freedom firsthand, and then continued my retreat.

See you late r, keep it up!

Rong 2020-10-15 13:10:34

Thank you, Master Feng! 2020-10-15 13:11:59

Don't call me a master, I'm far from that level.

小聪明 2020-10-15 13:11:32

其实我还有一个问题没有问，想要释放认同是想要控制，然后释放想要控制认同，第二个想要释放很模糊，把它释放完之后，还需要释放第一个吗，如果找不到第一个的感觉的话

风 2020-10-15 13:12:17

一直释放

你释放了之后，当下的感受是什么它是想要控制还是想要认同？

继续释放

Xiao Congming 2020-10-15 13:12:48

I don't want to control anymore. But if that desire for validation is lost, should we try to retrieve it and then release it?

Wind 2020-10-15 13:13:04

Do you want to find it? (Xiao Congming , 2020-10-15) 13:13:11

want to

Wind 2020-10-15 13:13:16

Is this an attempt to control? A clever trick.

2020-10-15 13:13:23

Yes

Wind 2020-10-15 13:13:28

Okay, release it.

Xiao Congming 2020-10-15 13:13:58

I understand, it's about constantly releasing what's at the top that's trying to control.

D 2020-10-15 13:13:58

How to release pain? @wind ? wind 2020-10-15 13:15:15

Do you want to change your pain?

D 2020-10-15 13:16:52

Of course I want to

Wind 2020-10-15 13:17:07

Hmm, can you sense that desire for change?

D 2020-10-15 13:17:21

If you don't want to change, isn't that just letting him continue to suffer? You can sense it.

It comes from wanting to control the wind.

2020-10-15 13:17:37

Can you let it go?

D 2020-10-15 13:17:40

I saw his motive and he left.

Wind 2020-10-15 13:17:49

Yes, continue to release

Wanting to change = being unable to change

If you want to change what has been released, you'll find it automatically changes; if you want to control what has been released, you'll immediately have control.

Wind 2020-10-15 13:14:07

Personally, I don't experience any reactions like burping when I do release exercises. The experience of release is that your emotions dissipate.

Along with the feeling of energy leaving and a sense of ease and pleasure , it will move your mood up.

Happy Cat 2020-10-15 13:15:06

I keep hiccuping and feel extremely tired whenever I try to release it. Is this because I'm doing something wrong?

(Wind) 2020-10-15 13:15:23

Yes, the method is wrong.

If you feel tired from

releasing stress, it means you're using the wrong method. You may be focusing too much on your physical sensations, which could be causing underlying repression.

Because fatigue is something you try to control.

Wind 2020-10-15 13:23:54

I've started the continuous release process. Any problem can be solved in these six steps. If no one can answer your questions about the release method, you can refer to the six steps. Keep it up!

On October 16, 2020, Feng discussed the reasons for joining the group, methods for releasing the fear of death, and...

Views on A Course in Miracles

Yitian 2020-10-16 08:58:57

Is releasing the
program the same as modifying it?

(Wind) 2020-10-16 08:59:18

Is it a termination procedure?

You don't need any procedures.

Breaking habits is a
frequent occurrence;
habits are automatic.

Automation is the survival program
repressed into the subconscious, which
is those feelings.

Once these three major habits or tendencies—control, identification, and safety—are released, all other habits and tendencies are eliminated because they form the foundation of all automated processes.

Yitian 2020-10-16 09:05:12

The experience itself contains a program. Eating the same chili pepper, some people experience "spiciness," while others experience "pleasure." This is due to differences in each person's internal program. And what exactly is this program? Simply habit. (Wind) 2020-10-16 0 9 : 0 5 : 2 7

Feeling is the program
feelings are survival programs

Wood 2020-10-16 09:09:37

@Wind , are you going out?

Or is it just about
releasing stress at home every day?

(Wind) 2020-10-16 09:10:12

Previously, I released [something] at home every day.

I sat down and relaxed at a Starbucks today.

Roller Coaster 2020-10-16 09:10:29

This is a six-step video recording from 1992.

Wind 2020-10-16 09:10:55

Yes, I previously posted that I translated two versions, one of which was the 1992 course version.
One is the version from Lester's audio where he explains the six steps to assemble; both versions are usable.
They're about the same.
Use whichever one you like.

Roller Coaster 2020-10-16 09:12:25

Sometimes I feel that I understand things more clearly when reading English . 2020-10-16 09:12:44

Being able to understand English
is certainly the best approach,
as there are some sentences I
find difficult to translate.
Because Mr. Lester Levenson (The Sedona Method) 's concise and direct power is difficult to translate.
Furthermore, there's no need to control the order in which you release things; simply release whatever is easiest to perceive and maintain a continuous release - that's the six-step process.
Whatever the desire, you don't
need to suppress it; you can
release it the moment you become
aware of it.

I was on October 16, 2020. 09:23:19
It seems to be about these two versions.

Wind 2020-10-16 09:23:45
Almost the same
The only difference is that "freedom" was changed to "calm and uneventful," and "the fifth step" was changed to "control." Everything else is basically the same.
The Lester Levenson (The Sedona Method) Advanced Course likes to use the term "freedom ," but perhaps feeling it wasn't very relevant for beginners, they changed it to "imperturbability."
Somewhat in line with curriculum standards
imperturbability is a state where no one or nothing can disturb you.
Absolute tranquility

Huixuan 2020-10-16 09:43:27
Instinctive repression, instinctive
resistance, instinctive
self-protection—unconscious, numb for
too long.
I was on October 16, 2020. 09:44:38
Don't let

instinct prevail.

2020-10-16 09:45:05

It's just a habit.

Huixuan 2020-10-16 09:45:50

Teacher Feng did not go into seclusion.

Wind 2020-10-16 09:46:54

My friend came back these past two days, so I kept the six-step routine with me.

Every step must be taken seriously.

Each step can remind me of...

This is a collection of snippets I pieced together from several audio recordings of Lester Levenson (The Sedona Method) where he mentioned the six steps.

- You must want freedom more than you want the world (approval and control).
- Make the decision to go free.

- All feelings culminate in two wants: wanting of approval and wanting of control.
- Make release constant.
- If you get stuck, let go of the wanting to change the stuckness.
- Each time you release, you are happier and lighter. You have more motivation to go free.

The course
version should be
more
standardized. The
Lester Levenson (
The Sedona Method
) version is
simpler.
added the separation part that Lester talked
about elsewhere, which should be from the
audio of goals and winning.
Lester Levenson (The Sedona Method) talked about separation
He considered it the most fundamental thing, but it's not
something you deliberately release in the method. Lester
only needs you to release three things.
First, release the two major desires of recognition and control.
Then the fear of death (the desire to survive/be safe)
will automatically surface and be released, and then the
entire mental drive will disappear, and the mind will be
completely quiet.
You no longer identify with your body mind
Turn to agree with your infinite beingness
This separation ends
there; only oneness
remains.
Haier's inclusion of separation and oneness in the release of targeted desires is not in line with the methodology.
Releasing just two desires is enough. If you often feel the desire for security, then release three desires. The eighth video in the course is about asking three desires together.
In just a few days, they may have
already come into contact with the
idea that the key to safety is to only
release what one wants to control and

what one wants to be recognized.
No need to worry about anything else
All feelings are driven by them.
Once you release the two desires, those feelings will dissipate on their own.

The era of the Internet of Everything 2020-10-16 10:23:45
I want to change the status quo. Do I want to control it? (Wind) 2020-10-16 10:24:01
yes

Bethlehem Star 2020-10-16 10:25:41
Last night I tried entering the fear of death twice, but I felt it wasn't safe and came back out.
Wind 2020-10-16 10:26:11
Ha ha
Success once
Then a second time can be done

And then once again, and
once again, the Star of Bethlehem.
2020-10-16 10:26:38
Looking back now, I'm sure I didn't die.
I released enough of my desire for control and validation during the day, and before going to sleep at night, I felt I could delve into the fear of death and take a look.
Wind 2020-10-16 10:28:47
Yes, only one decision is needed.
You'll see it.
Bethlehem Star 2020-10-16 10:29:12
The prerequisite is to first release the desire for control and recognition, then you will clearly see that what lies beneath is the desire to survive, and then you can decide to infiltrate.
I still want to go
in and see what
happened yesterday
that wasn't
successfully
released.
Wind 2020-10-16 10:30:10
Yes, once you release the desire for control and identification that's covering up the fear of death, it will naturally surface.
Bethlehem Star 2020-10-16 10:30:36
The fear of death will be very obvious.
The feeling of being more confident in
defeating something the first time is
essentially just a matter of
experience.
Because we can't see it usually, we can't
do anything about it, so it keeps trying
to drive us by wanting to control and get
our approval.
Wind 2020-10-16 10:30:49
I can go in whenever I want
now, as long as I decide to
face the fear of death.
It popped up immediately.
The sense of peace that comes
after releasing it is
indescribable. The fear of death

has driven a great deal of mental activity, and progress during this period has been greater than ever before.
Although I've had the original process for a long time, it seems sharing is indeed useful.

Bethlehem Star 2020-10-16 10:33:50

Yes, many people in the group have made significant progress in just the last two days compared to a long period of time before.

Miracle 2020-10-16 10:33:11

@Wind ? Besides the urge to control my chest and abdomen, I also have a urge to control my head. Do I need to release that urge separately? What is the desire to control my thoughts?

Wind 2020-10-16 10:33:44

When you feel the urge to control something, simply let go until you no longer feel the urge to control it.

Wind 2020-10-16 10:36:15

The progress of the people in the group is foreseeable.

Because I made great progress when I first encountered the original process.

Progress

What I just said was that after I translated and shared those things, there was surprisingly a lot of interest during this period.

I was on October 16, 2020. 10:37:07

I've discovered that the suffering I endured in the past due to improper methods has transformed into a tremendous driving force now that I have the right methods, which I cherish and strive to improve upon.

The method was wrong; the forced release was painful, but it was all worthwhile. (Bethlehem Star)

2020-10-16 10:38:15

Haha, I found it really interesting back then, that I discovered someone like me who had watched all of Lester Levenson (The Sedona Method) 's audio and video recordings . @风

风 2020-10-16 10:39:33

我很 接触释放法，那时候看了很多人教但
我基本不说话
我当时觉得市面上所有人教的都有问题，所以把所有群都退了自己
开始找资料
找到了之后，我就自己释放去了基
本不接触任何灵修圈的人士
我之所以会加这个群是因为我当时卡住了我
想要和别人交流一下经验
但发现好像没人知道原始流程，我就没说话了
过了几天，我看大家释放的方法千奇百怪，忍不住翻译了几篇莱斯特的音频然后
把 92 年视频翻译了一部分
之前其实我和别人分享过我的方法但
他们更愿意相信“老师”
所以这两年我都没有成功分享过给谁只
有在群主这里分享成功了
有很多老师甚至宣称自己开悟了但
是教的方法完全不对头

Bethlehem Star 2020-10-16 10:46:18

My standards for enlightenment are very high.

2020-10-16 10:46:37

I can't tell who is truly enlightened, but I can spot a fake enlightened person within minutes because they all use the same rhetoric.

Bethlehem Star 2020-10-16 10:47:07

That's enlightenment, beingness, like Lester Levenson (The Sedona Method) 's. only

Wind 2020-10-16 10:49:06

But I generally don't judge: I
judge who is enlightened and
who is not by my methods.
I won't say a person is bad,
or that a person is good, but
I will say a method is good.
The other method cannot reach the destination.

I was on October 16, 2020. 10:49:38
A few days before you joined the group, a rectification campaign suddenly started. I suddenly became fed up with all these incorrect methods of "release ," and kicked out all the "teachers" and other members who trusted other teachers' methods . Then I started discussing "release" in the group. But a few days later, I suddenly felt very emotional. I realized that after years of "release," I hadn't met a single person I felt was good at it. All those so-called "release teachers" were wrong; there wasn't even one who could communicate with me normally or understand me. Then I lamented that it would be great if there was someone who could communicate with me and help me promote "release," but unfortunately, there wasn't. I didn't expect you to appear [smiling face] @风
I've noticed that all of these things were foreshadowed; my sudden rectification campaign seemed to be a preparation for your arrival.

风 2020-10-16 10:51:13
群主还是保守的，他说奇迹课程也可以达到终点我认为不行
以自由为目的的人马上抛弃奇迹课程释放法不是唯一到
达终点的方法
但奇迹课程不是

I was on October 16, 2020. 10:53:22
@Wind ? When I said A Course in Miracles can lead to enlightenment, I meant that some of the words in it, such as the one that talks about the fear of death as something we will eventually have to face, can inspire people and give them hope of enlightenment. I didn't mean that the method of A Course in Miracles can lead to enlightenment.
Wind 2020-10-16 10:54:13
If it's about inspiration,
then you have to figure out
the method yourself, and
figuring it out yourself is
so difficult!
Bethlehem Star 2020-10-16 10:54:37
A Course in Miracles is
not suitable for
everyone because it has
a very high barrier to
entry.
I was on October 16, 2020. 10:54:42

I spent several months trying to fix it, but it didn't really help. Besides, there were just too many concepts involved; it was confusing.

Someone like me with some basic knowledge can still glean some understanding from it, but if you don't have any basic knowledge, it's just a complete mess.

I've seen many people studying *A Course in Miracles* who are foolish and too easily trapped in their ego and the Bethlehem Star.
2020-10-16 10:55:57

The same goes for foreign miracle circles @I am Infinite Wind
2020-10-16 10:56:30

I don't see it that way. I think A Course in Miracles is a similar teaching.

Because I feel I can clearly distinguish between the account of someone who has actually experienced it and a conceptual one. Of course, this is just my personal opinion and for reference only.

After all, I didn't reach the finish line either
. 2020-10-16 10:57:12

For example, the method of release is explained very clearly and explicitly by him, but in A Course in Miracles it's all very chaotic. I personally find it very difficult to make sense of anything in it.
Bethlehem Star 2020-10-16 10:57:21

From my perspective, many people don't understand *A Course in Miracles* . 2020-10-16 10:57:28

However, Lester Levenson (The Sedona Method) is the clearest, especially as he releases more information.

The more I experience the similar teachings behind miracles, the more I realize that I wouldn't have said this so directly before.

After experiencing the release of my inner sanctuary, I can say directly that *A Course in Miracles* is a similar teaching and cannot lead one to the ultimate goal.

Because the person who conveyed this method was probably not awakened themselves, and might be some high spirit that was deceiving people.

I do know a very accomplished person privately, but he's not involved in any spiritual circles . 2020-10-16 11:03:19

If an unenlightened person preaches the Dharma based on their own understanding, they are prone to making mistakes because they are limited by their own interpretation.

This is why it is so important to find materials here that contain Lester's own personal teachings.

Just like the Book of Abundance and Saint Donapha, although the book contains all the information, if the author modifies, adds, or subtracts from it, you'll end up with a complete mess.

Just like Haier in a release process, everything was fine at the beginning, but the last step became acceptance. It's about accepting that thing.
Leaping Flame 2020-10-16 11:05:47

I think A Course in Miracles is alright; the content isn't too

biased.

I could feel the love, but I only read two chapters . [Facepalm]

2020-10-16 11:06:59

Your requirement is impartial.

My requirement is that the map must be accurate ; even a slight error can lead to a huge discrepancy.

I was on October 16, 2020. 11:07:35

If *A Course in Miracles* truly is a path to enlightenment transmitted by Jesus, but because it's relayed— and in cases like Haier's—it's been distorted, leaving you confused.

Wind 2020-10-16 11:08:04

Jesus' communication does not involve psychic methods.

Lester said that Jesus himself can

have coffee with you; he's already back.

Read Yogananda's autobiography; the astral body can appear directly in front of you, and the causal body can appear anywhere.

No need to use a pipe attachment

Lester also mentioned that the high spirits liked to fool people .

2020-10-16 11:11:31

So, according to your suggestion, I'll make a wish now, asking Lester to transform into a star and come before me to see me. That's possible, isn't it?

Wind 2020-10-16 11:11:37

Um

It can even be done through physical wind

2020-10-16 11:12:02

If you're willing, they're willing, and you can accept it.

Many practitioners of the Liberation Method have seen Lester's critiques of certain methods; I'll only mention it once and won't discuss it further.

Only the release method will be discussed.

Roller Coaster 2020-10-16 11:13:12

When you released the wind, did you feel Lester's blessing ? 2020-10-16 11:14:16

I don't want blessings

I believe I can reach the finish line; I think I can do it.

No external force required

So I never called on Lester Levenson (The Sedona Method) if there was a way.

There's no need to trouble him personally.

I, I've actually been working on this for a long time.

It takes time.

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My statement about *A Course in Miracles* was a calm assessment; I wasn't trying to convince those who study it.

However, I believe anyone who experiences deeper liberation will understand this; those who truly desire freedom will not engage in intercourse.
My personal preference is for methods that rely purely on self-reliance.
I'm not very interested in anything that requires external assistance.
I used to study Buddhism, which also has many elements of external power, but Theravada Buddhism is primarily self-reliant, so I practiced it for a while.
Ultimately, we must rely on ourselves.
Because there was no one else

I was on October 16, 2020. 12:18:48

The release method was developed by Lester, who discovered that a day of release was more effective than months of meditation, and began teaching it.

Released
Wind 2020-10-16 12:19:04

It is a release once
one release
One release is equivalent to several months of meditation . 2020-10-16 12:19:29

I was just wondering if I'd exaggerated, but it turns out I wasn't. That's why direct instruction is so important; even a slight mistake, like mispronouncing a single word, can greatly diminish the meaning of a saying.

Huixuan 2020-10-16 12:29:09

Is there a minimum time limit? Does a few minutes count as wind? 2020-10-16 12:30:51

Successful release

hai 2020-10-16 12:37:34

I prayed for Lester's help because the release was very difficult. Then, a few days later, Feng joined the group. I usually don't check the group much, but that day I inexplicably joined and saw Feng's posts from the first few days. It felt like Feng was a mentor sent by Lester. Thank you, Feng, and thank you, Lester. This is just my personal opinion.

Is this a coincidence? There really wasn't a difference of more than a few days in between. 2020-10-16 12:46:33

Just consider these kinds of things as coincidences; I won't accept those arguments that encourage ego.

We are all practitioners of the Liberation Law, let's cheer each other on!

Sophie 2020-10-16 14:19:56

@Wind ? I'd like to ask Teacher Wind to give me a release guidance session.

I've discovered I have a pattern of exhibiting assertiveness out of

风 2020-10-16 14:20:42

嗯，看看你现在对它的感受，是想要控制还是想要认同？苏菲 2020-10-16 14:20:54

想要控制 风 2020-10-16 14:21:07

你能觉察到这个想要控制吗？

苏菲 2020-10-16 14:21:16

能

风 2020-10-16 14:21:24

它离开了吗？

苏菲 2020-10-16 14:21:50

离开了一些

风 2020-10-16 14:22:18

嗯，还有剩下的想要控制吗？

苏菲 2020-10-16 14:22:41

感觉很多的想要安全

fear of being hurt by others.

It’s okay, just pick one.
Allow yourself to
become aware of the desire for Sophie
2020-10-16 14:24:10
Um
Wind 2020-10-16 14:24:12
Has it left?
(Sophie , 2020-10-16)
14:24:21
No
Wind 2020-10-16 14:24:37
Are you
stuck? Sophie 2020-10-16
14:24:49
Yes
Wind 2020-10-16 14:24:58
Do you want to change this
feeling of being stuck? Sophie 2020-10-16
14:25:12
want to
Wind 2020-10-16 14:25:39
Allow yourself to become
aware of this desire to change Sophie
2020-10-16 14:26:03
OK
Wind 2020-10-16 14:26:17
Has it left?
(Sophie , 2020-10-16)
14:26:44
No
Wind 2020-10-16 14:26:59
Do you want to control
this process? Sophie 2020-10-16
14:27:12
want to
Wind 2020-10-16 14:27:37
Can you sense this desire
to control? Sophie 2020-10-16 14:27:53
able
Wind 2020-10-16 14:28:36
Has it left?
(Sophie , 2020-10-16)

14:29:01
Left
Wind 2020-10-16 14:31:36
Hmm, is there more you want to control? Allow yourself to become aware of it.
Sophie 2020-10-16 14:32:13
Yes, um.
Wind 2020-10-16 14:33:07
Has it left?

苏菲 2020-10-16 14:33:51
离开了一些

Wind 2020-10-16 14:34:35
Yes, continue with this process.
Continuously allow yourself to become
aware of the urge to control or identify,
and then let it go.

Sophie 2020-10-16 14:35:16
Okay, thank
you, Teacher Feng.

2020-10-16 14:39:07
You're welcome

Yitian 2020-10-16 15:30:28
Is the desire for approval a deeper level of desire than the desire for control ? @Wind
The desire for security—the desire for acceptance—the desire for control—is this the order from deepest to shallowest?

风 2020-10-16 15:33:05
是的
莱斯特两段话，讲的很清楚

莱斯特 早期教导和奇迹课程可不是一回事
莱斯特 早期教导是觉者讲的真理，理论上没问题，而奇迹课程理论也有问题大部分修行方法我都研究过
也尝试过
有些是真正觉者教授的方法，有些不是一般我不会刻意去批判一个方法
但是有人问我真伪，我不会避讳这一点我会直接说出我自己的判断
因为真伪问题，可是会让人走一辈子的弯路也许不止一辈子
我不会为了认同去和稀泥

Ma Wei , 2020-10-16 15:41:56
I haven't studied *A Course in Miracles* much. I studied it for a while. I read the supplementary books *Farewell to Samsara* and *Breaking the Cycle of Reincarnation*, which I found quite good. Some insights in *Farewell to Samsara* resolved many of my doubts. However, later I encountered the Indian Vedanta philosophy of non-duality, which was very straightforward, so I stopped studying *A Course in Miracles*. [Grinning face]

Wind 2020-10-16 15:42:31

Is Vedanta
non-dualism the
doctrine? I've
encountered all
of these.
Why do I say that the
essence of A Course
in Miracles also has
problems ?
Because the experience of awakening is very
easy to articulate , but difficult to judge.

Debating the authenticity

None of these are the truth

It's not that just because they say the same things

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Since I don't intend to get involved in the spiritual community, I don't intend to correct anyone.

Generally, if someone tells me those things, I just let them continue to express them; I won't go and talk to others about them.

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However, I personally think it’s quite reliable [smirk]

New Age teachings, including the Seth books, and anything I’ve come across that teaches through channeling, are all relevant.

Ask : All the books that I read say the same thing ; Patanjali says it, Yogananda says it , the Gita says it and the Vedas say it ; they all say It. Question: All the books I’ve read say the same thing. Patanjali says it, Yogananda says it, the Bhagavad Gita says it, and the Vedas say it too.

Lester: And they said it a thousand years ago, a million years ago, a billion years ago, a billion billion years ago, and in the future they'll say the same thing. Because Truth is that which never changes; It is changeless. The basic Truth will never change in all eternity and you can know this for the entire universe. If somebody come from a planet billion and billions of light-years away and tells you otherwise, no matter how high he looks, acts and talks, if it doesn't fit in with What you know of the changeless Truth, you can be sure he's wrong, even though he's acting and looking like a God.

A: They said the same thing a thousand years ago, a million years ago, a billion years ago, countless years ago, and they will say the same thing in the future. Because truth never changes, never changes, and this is true for the entire universe. If an being from countless light-years away tells you the opposite, no matter how much their words and actions resemble God, if what they say contradicts the unchanging truth you know, you can be sure they are wrong.

Do you know What I'm Saying? Even if an angel tells you something, if it's not in law with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled,-

until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. Truth is the same everywhere . Truth permeates the entire universe.

I don't
comment on
anyone, I only
comment on the
methods.
I have read the English version of A Course in Miracles.
I am 100% certain that it is a false law.

The era of the Internet of Everything 2020-10-16 15:51:02
@Wind ? What is truth?

风 2020-10-16 15:51:53
我们是无限存在

The era of the Internet of Everything 2020-10-16 15:52:29
This statement is the truth.

风 2020-10-16 15:53:08
嗯，真理只能通过体验不能用语言文字来
传达

ZOEY 2020-10-16 15:54:25
@FengBasha
Communications, what do you think?
Feng 2020-10-16 15:54:33
fake
Ah Zheng's daughter is a troublemaker 2020-10-16 15:54:54
@Wind ? What does
Star Home do? Wind 2020-10-16
15:55:07
Never heard of it
One hundred unawakened people cannot piece together one
miracle of awakened insight with their own minds. 2020-10-16 15:58:31
However, I have a question for Feng. For example, will the industry one works in be adjusted after the release from the law?
Okay?

风 2020-10-16 15:58:43
释放会得到自由

Miracle 2020-10-16 15:59:21

For example, I'm planning to work in insurance. But I'm hesitant. Insurance is all about risk, so I'm worried about potential conflicts with other insurance policies. I can't quite grasp the concept.

Wind 2020-10-16 15:59:43

It's okay, just release what you want to control.

Miracle 2020-10-16 16:00:18

I worry that insurance focuses on too many fears, and that my mind won't be free. That's my biggest concern.

风 2020-10-16 16:01:03

所有思想都是限制性思想它们都是感受驱动的

而所有感受都是想要控制和想要认同包括你这个想法

Miracle 2020-10-16 16:02:07

I'm not free yet. I bought insurance out of fear, and I only did it because I thought it was reliable. That's also a limitation.

Bar

Wind 2020-10-16 16:02:16

yes

But you find that you are freed from these limitations, allowing you to unleash your basic desires without getting caught up in these thoughts.

It is entirely possible to live without working. You live by working, which Lester calls a slave mentality; you believe you'll die if you don't work.

Wind 2020-10-16 16:11:53

After two days of exposure to the "world," my condition has clearly declined; I even felt a little tired just now.

I've already released it; I can't let it happen again.

Keep it up everyone!
[roses][roses][roses] Let's
encourage each other!

Miracle 2020-10-16 16:13:05
Teacher, wait a moment
Could you please
guide me on how to
start asking this
question?
Just release the fear directly.

风 2020-10-16 16:13:52
想到你的财务状况，你的第一感觉是什么？想
要控制还是想要认同？

把对目标的想要控制和想要认同释放掉如
果有想要安全浮现，就释放掉

Huixuan 2020-10-16 16:16:15
@Wind ? What would
happen if you were free ? Wind
2020-10-16 16:16:48
As for freedom, I don't
know anything about it.
I went to release
myself.

October 16, 2020 (New) Feng summarized the process of releasing desires, answered some questions, and...

Lead everyone to release

I was on October 16, 2020. 13:11:12
@Wind ? Come to this group and mentor the newbies! It's full of newbies here [laughing emoji]
Wind 2020-10-16 13:15:05
Put the six steps aside
All the knowledge needed for releasing techniques is contained within.

D 2020-10-16 13:17:21
@Wind ? When I feel sleepy, I feel like I'm "aligning myself with sleep" rather than trying to control it. Releasing this feeling immediately makes me feel less sleepy.
Wind 2020-10-16 13:18:08
That's fine too.
Being aware of desire is a very
personal thing . 2020-10-16 13:18:44
You don't need someone to tell
you which desire you have.
When I guide you, I just ask
which one it is, and you
decide which one you feel it
is.

Luo Wanyu 2020-10-16 13:32:24
Do different emotions
require different release methods? (Wind)
2020-10-16 13:33:20
Need not

The same process applies.

Have you experienced the feeling of release?

Yan 2020-10-16 13:43:51

@Wind ? Yesterday, I followed your advice and tried to release my desire for change, to release my fear of death. But I ran into another problem. During the release, a thought popped into my head: I only have ten years to live. In ten years, I'll be gone. Can I allow this thought? I've been trying to stop myself, and it's very painful. My mother was sickly since childhood and died at that age. I'm afraid of ending up like her. How can I escape this family fate?

Is it difficult to overcome

the fear of death? Thank

you.

Wind 2020-10-16 13:47:19
Do you want to control that situation?
Yan 2020-10-16 13:48:22
I want to, but I can't
stand it. It'll be over in
ten years. I want to
control it.
Want to live longer
I even wondered if I should start cherishing time
from now on, because I only have ten years left. 2020-10-16
13:52:22
Can you sense the urge to
control? Do you want to be
aware of your feelings?
Yan 2020-10-16 13:52:43
Can feel
wind 2020-10-16 13:52:50
Hmm, has it left?
Yan 2020-10-16 13:53:02
They haven't
left; they're still in the
wind. 2020-10-16 13:53:22
Do you still want to control that situation?
Yan 2020-10-16 13:53:45
Yes, they still want to
control it, they want longevity .
2020-10-16 13:53:58
Allow yourself to become aware of this desire to control
Yan 2020-10-16 13:54:22
Yes, I saw
the wind on October 16,
2020. 13:54:24
See if it's gone?
Yan 2020-10-16 13:54:45
No, how do I get it out?
Should I insert a tube? (Wind) 2020-10-16
13:56:39
unnecessary
It hasn't left. Do you want it to leave?
Yan 2020-10-16 13:57:09
I want it!
Wind 2020-10-16 13:57:19

Can you sense this desire?

Yan 2020-10-16 13:57:26

able

Wind 2020-10-16 13:57:55

Hmm, I

noticed its wind

2020-10-16 13:58:03

Has it left?

Wind 2020-10-16 13:58:42

Don't you know how to release your emotions? If you're still unsure, you can start by releasing your emotions, or you can follow my guidance to try releasing your desires directly. The experience of releasing desires might exceed your expectations. So try not to overthink or try to do it.

Happy Cat 2020-10-16 13:55:10

Teacher Feng, are you referring to releasing desire rather than feeling? Can I understand it that way? Feng 2020-10-16 13:55:31

Yes, in the original course, the release of feelings is the first two days and the last two days are the release of desires. The process is simpler

Because desire is the cause of emotions.

Therefore, when a basic desire is released, thousands of emotions will also dissipate.

Luo Wanyu 2020-10-16 13:57:12

What should I do if I can't perceive my emotions ?

2020-10-16 13:59:59

Were you unable to sense any emotions just now? Luo Wanyu 2020-10-16 14:00:11

Yes

Wind 2020-10-16 14:00:24

You can't feel emotions, but you want to feel them, right? — Luo Wanyu 2020-10-16 14:00:43

Uh-huh

Wind 2020-10-16 14:00:51

This is what they want to control. Are you trying to change how you feel right now? Are you aware of this desire to control? Awareness is feeling.

Yan 2020-10-16 14:02:02

Did you realize it was working? (Wind)

2020-10-16 14:02:18

no

Yan 2020-10-16 14:03:22

Should we ask three questions to release the feeling of wanting to control our bodies and live a long life ? 2020-10-16 14:03:40

unnecessary

罗婉毓 2020-10-16 14:01:26
可以感觉到
风 2020-10-16 14:01:41
嗯，放轻松，只是觉察它允许自己更多地觉
察到它它离开了吗？
罗婉毓 2020-10-16 14:02:34
嗯，好像离开了
风 2020-10-16 14:02:50
还有剩下的想要控制，对吗？罗
婉毓 2020-10-16 14:03:02
嗯，是的 风
2020-10-16 14:03:16
觉察到它
它离开了吗？

Wind 2020-10-16 14:03:44
The process is very simple
If you want to
control that
situation, then
release what you
want to control.
Then allow more of the desire
for control to be noticed and
then let it go.
Allow more people to control
the situation, be aware of it,
and let it go.
The desire to express oneself is the same.
However, it's possible that when you're trying to express your desire for validation, you might suddenly get stuck.
This is because the desire for recognition drives the development of a desire for control, which causes you to get stuck. So whenever you get stuck, you become aware that you are trying to control this stuck situation and release your desire for control.
When the feeling of being stuck
turns into a feeling of
smoothness, you can continue to
release the desire for
recognition.

The six steps contain everything you need to know.

Yan 2020-10-16 14:06:34

Is letting it go merely a figment of my imagination? Or is there an action, a question, or something similar? The wind. 2020-10-16 14:06:42

The method I just guided you through
is that simple process, haven't you
experienced it yet?
We'll do it again before we even get to experience it.

Yan 2020-10-16 14:07:13

I feel a little more relaxed, but I still don't understand.

风 2020-10-16 14:07:36

你就允许自己觉察当下的感受，问自己，这是想要控制还是想要认同觉察到那个你最容易觉察到的“想要”

然后问自己“它离开了吗？”或者“我能放它离开吗？”
接着再看看自己还有没有剩余的想要控制或者想要认同继续让自己更多地觉察到它

Yan 2020-10-16 14:08:56

That might mean the answer will always be no, oh wind.

2020-10-16 14:09:08

OK

If you feel resistance or strain, and you're trying to speed up the process, that's a desire for control. Once you become aware of this desire to control, you can release it.

Keep trying.

Yan 2020-10-16 14:10:10

Yes, I often want to rush, but I don't exert enough effort.

风 2020-10-16 14:10:10
你能够感觉到想要控制吗？
Yan 2020-10-16 14:10:19
能
风 2020-10-16 14:10:30
嗯，它离开了吗？

Yan 2020-10-16 14:10:38

No

Will you keep answering this question until you get a yes?

风　2020-10-16 14:11:10
　　你想要控制这个过程，让它快一点吗？
Yan　2020-10-16 14:11:20
　　是啊
风　2020-10-16 14:11:29
　　你能够觉察到这个想要控制吗？只
　　是觉察到
Yan　2020-10-16 14:12:06
　　是的
风　2020-10-16 14:12:15
　　嗯，它离开了吗？
Yan　2020-10-16 14:12:26
　　好像少了些
风　2020-10-16 14:12:42

少了些，但是还有，对吗？

Yan 2020-10-16 14:12:48

是的

风 2020-10-16 14:12:57

允许自己只是觉察到它

它离开了吗？

Yan 2020-10-16 14:13:27

是的，我想要快点

风 2020-10-16 14:13:40

嗯，能看到自己想要控制它吗？

Yan 2020-10-16 14:13:44

能

风 2020-10-16 14:14:03

嗯，这个想要控制被释放了吗？

Yan 2020-10-16 14:14:14

差不多了

Wind 2020-10-16 14:14:25

Repeat this

process until

you feel free.

Yan 2020-10-16 14:14:41

Okay, I understand. I've been asking myself that.

Why did your guidance feel so simple and easy, compared to the three questions I asked myself? It felt much more effective.

Strength, discomfort

Wind 2020-10-16 14:15:51

You'll learn

through practice;

relax and

practice more.

If you use force, then it doesn't

conform to the sixth step of the

six-step process, where you need to

release what you're trying to control.

And this is the fifth step.

Yan 2020-10-16 14:16:36

Yes, if you use too

much force, you won't be able to

move freely. 2020-10-16 14:16:41

The six steps contain everything you need to know.

宏 2020-10-16 14:16:45

@风?比如我头很疼，想要不疼就是想要控制。无论释放多少次，头还是疼，还是想不疼。这个想要控制就释放不掉。

Can you see this and want
to control it? Macro 2020-10-16
14:17:37
able
Wind 2020-10-16 14:17:52
Allow yourself to be
more aware of its macroscopic nature
2020-10-16 14:18:12
Um
Wind 2020-10-16 14:18:29
Has it left?
Macro 2020-10-16 14:18:39
No
Wind 2020-10-16 14:18:53
Do you want to control this
release process? Macro 2020-10-16 14:19:06
Yes
Wind 2020-10-16 14:19:17
Hmm, can you sense this desire
to control? (Macro) 2020-10-16 14:19:27
able
Wind 2020-10-16 14:19:39
Hmm, see if it's
gone? Macro 2020-10-16 14:20:34
To control the release process, this
one needs less wind. 2020-10-16 14:20:57
Hmm, is there
more? Macro 2020-10-16
14:21:07
Yes
Wind 2020-10-16 14:21:18
Allow yourself to
be aware of its wind
2020-10-16 14:21:34
Has it left?
Macro 2020-10-16 14:21:43
besides
Wind 2020-10-16 14:22:01
Allow yourself to be
more aware of this
moment and see if it
has left.

Hong 2020-10-16 14:22:52
There's
also [facepalm] wind
2020-10-16 14:23:05
Is it
stuck? (Macro ,
2020-10-16) 14:23:20
Yes

Wind 2020-10-16 14:23:26
Do you want to change this feeling of being stuck? Macro 2020-10-16 14:23:34
Yes
Wind 2020-10-16 14:23:42
Can you simply perceive this desire for change? (Macro) 2020-10-16 14:23:52
able
Wind 2020-10-16 14:24:25
Did this person want to change and leave? It's just that this person wanted to change.
Hong 2020-10-16 14:24:59
No
Wind 2020-10-16 14:25:19
Can you perceive this desire to change? Allow yourself to become aware of this desire to change.
Hong 2020-10-16 14:25:33
able
Wind 2020-10-16 14:25:57
Well, it was just easy to sense its wind. 2020-10-16 14:26:01
Has it left?
Macro 2020-10-16 14:26:56
besides
Wind 2020-10-16 14:27:09
Do you want to control this release process? No problem, just continue.
Do you want to control this release process? Macro 2020-10-16 14:27:29
Yes
Wind 2020-10-16 14:27:52
Can you sense this desire for control? Macro 2020-10-16 14:28:01

able

Wind 2020-10-16 14:28:12

Has it left?

Macro 2020-10-16 14:29:14

It seems not. If you leave, does that mean you're letting things get stuck? (Wind) 2020-10-16 14:31:54

Do you want to continue?

I can continue to show you how to use macros . 2020-10-16 14:33:20

@Wind ? Thank you [rose], I'll continue using this process myself, it's too much trouble for you.

Wind 2020-10-16 14:33:47
It's okay, the main thing is to
let you experience the process.
Once you experience it, you'll
know what it's like.
Hong 2020-10-16 14:34:22
[Strong], the more you
anticipate, the easier it is to get
stuck with the wind. 2020-10-16 14:34:23
You can try it yourself. Relax and make the
process easy for you. Keep it simple.
Hong 2020-10-16 14:34:51
Okay, thank you [rose]
Anticipating the release effect, yet also wanting to control it.

Yan 2020-10-16 14:27:57
Did you experience headaches, vomiting, or a strong physical reaction during the release process? Is there something wrong? The actual release is...
Easy?
Wind 2020-10-16 14:28:28
Sometimes it happens, but most of the time it's easy.
Yan 2020-10-16 14:29:50
Is it necessary to place both hands on the chest and
abdomen to release tension? Should one feel the body's reaction in
the chest and abdomen? (Wind) 2020-10-16 14:31:27
No, things went smoothly once I left.
Yan 2020-10-16 14:36:50
Wind, I even want to become
your apprentice! [Grinning face] Wind
2020-10-16 14:37:17
The six steps are the teacher
This is a process of self-growth.
Yan 2020-10-16 14:38:49
You guided me well.

a man 2020-10-16 14:38:58
Do you think that the first step of the six-step process—wanting freedom more than wanting recognition and control— is this desire greedy, a desire for control? Does it need to be released?
Wind 2020-10-16 14:40:43
According to Lester in the audio, you use your desire for freedom

to destroy your desire for the world (your desire for control and your desire for acceptance).

Once you release these two desires, the fear of death will emerge; you will release your entire mind.

It was eliminated.

What remains is infinite existence, which is f

r
e
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d
o
m
.

Therefore, as long as you desire freedom, you will make free decisions, and you will be able to continuously release yourself, which will lead you to freedom.

催 Sleep Master - xuxu 2020-10-16 14:42:11

So there's no need to release the "desire for freedom," that's a foundation, right? (Wind) 2020-10-16 14:42:37

All you need to do is release the desire to control and identify.

If when you think about the theme of "freedom" you feel a desire for control and validation, then...

release

Yan Guilai 2020-10-16 14:42:54

I get nervous when speaking in public. How can I relax and ease this tension ? 2020-10-16 14:43:13

Do you want to control that tense situation? (Wild Geese Return) 2020-10-16 14:43:36

I want to become less nervous and more calm and composed.

Wind 2020-10-16 14:43:47

Hmm, can you sense this desire to control it now? (Wild Geese Return) 2020-10-16 14:44:01

able

Wind 2020-10-16 14:44:11

Allow yourself to become more aware of it. Has it left?

Yan Guilai 2020-10-16 14:44:23

Um

Wind 2020-10-16 14:44:36

Do you still have any desire to control that tense situation? (Wild Geese Return) 2020-10-16 14:44:52

There's too much to say; this tension has persisted for decades.

Wind 2020-10-16 14:45:08

Hmm, do you want to change it? (Wild Geese Return) 2020-10-16 14:45:11

besides
I used to want to
change, but I was
always troubled
and never
succeeded.

Wind 2020-10-16 14:45:43
Can you now sense that desire for change? (The wild geese return) 2020-10-16 14:46:03
In awareness

Group member 2020-10-16 14:48:45
@Wind ? I feel that while the control was being released, the suppressed emotions below were also released almost simultaneously, like wind. 2020-10-16 14:49:48
Yes

Because wants is cause of feelings
Wanting is the cause of emotions
Releasing your desires once will release the emotions of thousands upon thousands of other group members below you. 2020-10-16 14:52:25

It seems like simply releasing control is enough; the feeling of control being everywhere, the desire for approval, ultimately stems from wanting to control the reactions of people and things.
Wind 2020-10-16 14:52:43

Identification is the cause of control
Feeling unappreciated, they try to
control others to gain their approval;
their desire to survive stems from
this need for validation.
Group member 2020-10-16 14:53:12

Does that mean you want approval before you want control? (Wind) 2020-10-16 14:53:16

You feel safe if others agree
with you. I'll send you
Lester's exact words.

Lester Levenson (The Sedona Method) : Releasing the desire for approval and control is also a shortcut, compared to releasing all the emotions beneath them. Approval and control. When you no longer want approval and control, all the emotions beneath them leave. But until you release the fear of death, you still have the desire for approval and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to, and that makes you safe. That's control. But when you release the desire for approval and control, all the feelings beneath it leave. What's left is simply the desire for approval and control, which you release by releasing the fear of death. When you get there, it becomes very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it expels itself. Then you laugh, and your mind shuts down. It's a silly joke that plays with your true self,

thinking you're restricted, but you never are.

Lester Levenson (The Sedona Method) : What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release.

Wind 2020-10-16 14:57:29
The theory is very simple
The practical
process is
simple, yet its
power is immense.
Go forth and reap all the benefits.
When guiding others to release their emotions, you yourself need to release your desire to control and identify with them. This will make the guidance more effective.
The Sedona Institute in Lester Levenson (
The Sedona Method) used to do this; the
release method teachers would go through the
process before guiding the students.

Wind 2020-10-16 15:02:55
Control and
identification are
released together ;
release whichever one
you become aware of.
A carefree life 2020-10-16 15:03:48
Oh, I understand.
Thank you, teacher . 2020-10-16 15:05:24
You're welcome

JianWang 2020-10-16 15:05:22
@Wind , where are you in seclusion? Wind 2020-10-16 15:05:45
I'm currently in seclusion in Pudong, Shanghai, just
like Mr. Lester Levenson (The Sedona Method) ,
right in the heart of the city [smirk]. However, some
friends came to visit these past two days, so I'm not
in seclusion anymore.
Luo Wanyu 2020-10-16 15:06:36
@Wind ? Thank you for your guidance today, teacher . 2020-10-16 15:07:19
You're welcome

A carefree life 2020-10-16 15:08:12

@Wind ? Closing your eyes allows you to calm down and not be disturbed by other things, enabling you to focus on releasing energy . 2020-10-16 15:08:41

uncertain

Actually, you're just disturbing yourself.

JianWang 2020-10-16 15:08:47

@Feng , is it at home or in a dedicated seclusion center? 2020-10-16 15:09:00

Home

A carefree life 2020-10-16 15:10:55

@Wind ? I'm just starting to learn and can't concentrate. What should I do ? 2020-10-16 15:11:02

release

Will you release it?

Once you understand, use it.
Use it once and your mind will be calmer.
Lester says that just one release is equivalent to the mental calming effect of months of meditation.
one release

That's true.
I've learned many methods, and I've done various meditations and practices. One release is equivalent to several months' worth of their effects.
That's right

Strategy 2020-10-16 15:14:28
@Wind ? How exactly do I release my emotions? Why do I feel more and more pain the more I try to release them, and why do I keep reliving painful memories?

风 2020-10-16 15:14:49
你想要改变那个痛苦的状况吗？战
略 2020-10-16 15:15:01
@风?哭了 风
2020-10-16 15:17:34
你现在能够觉察到那个想要改变吗？

Yuanyuan 2020-10-16 15:14:27
@Wind ? How can I tell if someone wants to control me, wants to agree with me, or has left? Wind
2020-10-16 15:15:00
Have you ever felt a sense of release?
Feeling lighter and more joyful, accompanied by a more pleasant sensation as energy leaves the chest and abdomen.
Yuanyuan 2020-10-16 15:15:44
@Wind ? Have you ever experienced the release of emotions from your chest and abdomen ? 2020-10-16

15:15:51

Um

The experience of releasing desire is deeper than that.

feel noticeably more relaxed, joyful, and free.

2020-10-16 15:16:59

@Wind ? When you want to control and accept leaving, do the emotions in your chest and abdomen dissipate? Do you feel very calm and relaxed?

Wind 2020-10-16 15:17:05

Um

Will go deeper and more thoroughly. (Yuanyuan , 2020-10-16) 15:19:36

@Wind ? Is it true that when emotions arise in the chest and abdomen, they are traced back to a desire for control or identification? Once recognized, the desire for control or identification automatically disappears, and the emotional energy in the chest and abdomen dissipates? Is this the process ?

Wind 2020-10-16 15:20:18

Um

As long as you recognize the desire for control and the desire for identification

tendency for it to leave, and it will

leave.

The emotions it caused will

dissipate . 2020-10-16 15:22:54

@Wind ? Okay, I understand, thank you! Also, when you go into seclusion to release your energy, do you do nothing but observe the sensations in your chest and abdomen?

Wind 2020-10-16 15:23:52

Continuously be aware of your

desire to control and your desire

to conform to repetitive

processes.

Implementi

ng six

steps to

continuous

ly release

Yuanyuan 2020-10-16 15:25:19

@Wind ? Okay, thank you!

Elephant 2020-10-16 15:23:59

@Wind ? How to release

physical pain? I'm new to

the group and don't know

how.

Wind 2020-10-16 15:24:23

Hmm, do you want to change that pain now? (Elephant) 2020-10-16 15:24:30

Be aware of the

pain in your

right hand and

want to change

it.

Wind 2020-10-16 15:24:44

Can you sense your desire to change? (Elephant) 2020-10-16 15:24:53

able

Wind 2020-10-16 15:25:07

Allow yourself to become more aware of this desire to change , this desire to change, and whether you have left.

Elephant 2020-10-16 15:25:39

Is this how I keep thinking about release? (Wind) 2020-10-16 15:25:50

no

You haven't experienced the release of emotions, have you, elephant? 2020-10-16 15:26:14

I don't know, this is my first time joining a group . 2020-10-16 15:26:25

The center of human sensation is in the chest and abdomen.
You can experience
emotions in your chest
and abdomen. There are
nine types of human
emotions, from low to
high.
The feeling of emotional release
is when your emotions dissipate ,
accompanied by a sense of ease and
pleasure.

大象 2020-10-16 15:27:03
我只感觉右手疼痛，没有想胸腹部位
我是反复想：我愿意放下右手疼痛的控制欲就这样反复想，不
知道对不对
风 2020-10-16 15:27:47
不要这样想 这是压抑情绪

Elephant 2020-10-16 15:28:12
So I'd like to
ask you, @风风 2020-10-16
15:28:24
Hmm, are you able to simply be aware
of this desire to change? Just allow
yourself to be aware of it?
Feel it
Elephant 2020-10-16 15:28:51
I can sense the
desire to change . 2020-10-16
15:30:25
Yes, stay aware of it.

Asagao 2020-10-16 15:29:33
@Wind ? Is the emotion of utter despair
the hardest to release? Wind 2020-10-16 15:29:44
Asagao, who finds it
easy to release her emotions
2020-10-16 15:29:49
These are all vague feelings.

RainForest 2020-10-16 15:30:59
Teacher Feng, if you want to control something (like change it),

you don't need to ask the three questions, because you usually leave once you realize you want to control it, right?

Wind 2020-10-16 15:31:07

Yes

Asagao 2020-10-16 15:31:08

I don't feel the emotions in utter despair @Wind

大象 2020-10-16 15:31:10

不断觉察?

风 2020-10-16 15:31:18

不是不断觉察

第一步是觉察你的感受，认出它是想要控制还是想要认同大
象 2020-10-16 15:31:43
想控制
风 2020-10-16 15:31:49
第二步是问它是否离开了？
大象 2020-10-16 15:31:57
没有
风 2020-10-16 15:32:16
嗯，如果没有离开，那就看看自己是不是想要改变它？然
后觉察这个想要改变
然后再问自己“它有没有离开？”大
象 2020-10-16 15:35:13
这就是释放啊，懂了我继续练习去

Chloë • 2020-10-16 15:33:04
the wind even though I
haven't left. 2020-10-16 15:33:18
Yes, I noticed this
and wanted to allow
it to surface.
Then, see if it leaves?
Chloë • 2020-10-16 15:33:40
That's about it.
It seems I've come to accept myself as I am; having fewer desires brings me peace.

Asagao 2020-10-16 15:32:04
Don't we need to
know emotions? (Wind)
2020-10-16 15:36:48
No need to specifically know emotions

Wenlan 2020-10-16 15:36:36
@Wind ? Do I have to release every emotion in the
emotion chart myself ? 2020-10-16 15:36:54
no
those emotions will automatically
dissipate as long as you only
release your desires.
Because they are all driven by a
desire for control and validation . 2020-10-16
15:38:10

good

Asagao 2020-10-16 15:38:39

Releasing desires means not experiencing strong emotions, right? Or rather, not getting caught up in emotions, right? @Wind

Wind 2020-10-16 15:39:15

uncertain
Sometimes, it is accompanied by strong emotions.

Group members
How many years have you been studying the release method?
Wind 2020-10-16 15:48:52
Six years

Bingzi 2020-10-16 15:49:03
@Wind , I love you so much!
Wind 2020-10-16 15:49:22
Thank you, I love you too.

Luo Wanyu 2020-10-16 15:49:47
@Wind ? I want to control my son's phone use, how can I release the wind? 2020-10-16 15:51:06
Can you sense this desire to control? (Luo Wanyu) 2020-10-16 15:51:33
Yes, there is.
Wind 2020-10-16 15:51:41
you notice
more of it
leaving?
Luo Wanyu 2020-10-16 15:51:56
No
Wind 2020-10-16 15:52:55
Do you want to control this process? Luo Wanyu 2020-10-16 15:53:14
Yes
I want this emotion to leave the wind. 2020-10-16 15:55:24
Hmm, is this an attempt to control?
Can you simply perceive this desire to control? (Luo Wanyu) 2020-10-16 15:56:07
Hmm, I noticed it gradually disappearing through observing my breath . 2020-10-16 15:56:20
No need to observe breathing
it simply a matter of

noticing this urge to
control it and then
watching it leave?

Luo Wanyu 2020-10-16 15:56:34

Um
Left

A carefree life 2020-10-16 15:53:25

@Wind ? Can't you sense it and can't release it? Wind

2020-10-16 15:54:00

Awareness is about bringing subconscious feelings to the surface ; only by being aware of them can you release them.

2020-10-18 (New) Six Steps to Explain Feng Shui

Wind 2020-10-18 11:00:19

Your understanding is incorrect.
The "purpose" isn't the problem; the problem lies in not conforming to the six steps. Let me explain further.
When the process says "allow yourself to be aware," it doesn't mean you should try to dig deep, but rather that you should do nothing at this moment.
What do you notice in a situation?
Why doesn't the course teach you "how to be aware" without requiring effort or control?
Because "how" involves mental effort.

Wind 2020-10-18 11:07:49

For example, if you ask yourself whether you want control or validation right now, you'll immediately become aware of it.
If you can't, then you just want to be able to.
Wanting things to go your way is simply wanting control, which is very simple.
So, let me repeat: you must remember these six steps, keep them close at hand, and refer to them whenever you have a chance.
Any questions about the release can be answered in six steps.

Wind 2020-10-18 11:07:49

I can explain step by step.
The first step is that "you must want

freedom more than you want control and identification." Wanting control and identification is a way of limiting your feelings.

But sometimes we are so foolish that we would rather have restrictions than freedom.

Sometimes you get stuck because you're unwilling to release them.

Just want it.

When you realize that the desire for control and identification limits you, you crave freedom even more, so the six steps don't really need explanation.

It's the simple, literal second step: making a free decision. A decision is a decision.

Because you wanted freedom, you decided to do it.

The third step is that all feelings are about wanting to control and identify with them.

You constantly feel that the whole world you see is about wanting to control and conform.

You are on guard 24 hours a day, trying to
prevent the fear of death from arising.
This defensive mechanism is a desire for
control and acceptance.
The fourth step is continuous release. "Continuous" means sustained release.
You do it the first time, then you can do it a second, a third, a fourth... until you finally achieve freedom.

Wind 2020-10-18 11:12:02

Lester Levenson (The Sedona Method) said "there is no stop in the six steps
There is no "stop" in the six
steps; "continue" simply means
to continue.
The fifth step is the one you'll likely use the
most at the beginning, because you'll often get
stuck, but getting stuck is simply because you
want to control the situation.
The only reason it gets stuck is
because you want to control its
operation—it's that simple.

Wind 2020-10-18 11:14:23

Release the feeling of being stuck from your desire to
control it; the feeling of being stuck immediately
transforms into smoothness. Step six, which is also
the step we most easily overlook.
Each release makes you feel more free, which can be described as easy and enjoyable, but ultimately it's the motivation from these experiences of freedom that strengthens your initial desire for freedom.
As Lester said, "If you do the first step thoroughly, you will naturally follow the next five steps."

Wind 2020-10-18 11:18:53

If you thoroughly complete the first
step, you will have no obstacles left.
Control is a good thing; wanting to
control is not. Wanting equals lack.
Wanting to control is a feeling of lack
regarding control.
OK , six steps are six steps.

Keeping it close at hand
will greatly accelerate your
release. I'm going to
release now.
All you need to do is use the release process.
If you're not releasing, use the six
steps to remind yourself that if you
are, then continue releasing.

October 20, 2020: What we call dreams are more real than the material world.

Wind 2020-10-20 22:10:29

Then I reset the
Agamas and I reset
the Bible.
Reset the Vedic scriptures
All karma of the material world has been cleared.
Clearing away karma from the
material world is actually me
seeing that what we call dreams
is more real than the material
world; I see that the seeds I
have about it have disappeared.
Accompanying this is the disappearance of sexual desire.

There is no difference between men and women.

However, I also know that I have retained the karma of my astral body and the karma of my causal body.

On October 20, 2020, before the long-term closure of the area, group members were specifically guided to release 1 [unit of currency].

wind 2020-10-18 12:16:23

I might go into seclusion for a long time.

So let me summarize my understanding of the six-step process so far.

Bethlehem Star 2020-10-18 12:24:08

@Wind , keep going! Let's succeed together! [hugs][hugs]

wind 2020-10-18 12:25:52

come on [Embrace]

wind 2020-10-20 10:06:00

Don't say those limited words.

During my release process, I sensed that many people in the group were straying from the path of release.

So during my seclusion, I've decided to set aside half an hour each day to check my phone for messages. If anyone needs my help, they can tag me during this time.

You can choose a time slot.

Nothing 2020-10-20 10:11:29

@Wind? Is it okay now? Wind 2020-10-20 10:11:42

Can

Then from 10:00 to 10:30

Huixuan 2020-10-20 10:12:15

@Wind, do you want a red envelope? Add me on WeChat. (Wind 2020-10-20 10:12:25)

No need to send red envelopes

Money means nothing to me now.

If someone has difficulty releasing their information, I guide them through the process.

However, the theoretical solutions don't actually offer much benefit due to limited

thinking.
Do you want
to give it a
try? Who
wants to try?

install 2020-10-20 10:16:55
@Wind? I'm here. I'm stuck on control. The more I try to let go, the more I try to control the wind.
2020-10-20 10:17:18
Okay, one at a time.
你现在的感受是什么？
清晰吗？
安 2020-10-20 10:18:00
紧张，清晰@风

wind 2020-10-20 10:18:22
Do you want control or approval right now? (An, 2020-10-20 10:18:31)
control
wind 2020-10-20 10:18:42
Hmm, did you notice it? (An, 2020-10-20 10:18:49)
able
wind 2020-10-20 10:19:10
Was it released? (An, 2020-10-20 10:19:40)
Thinking about it made me feel a little relieved. (2020-10-20 10:20:00)
You still want it to leave immediately, right? (An, 2020-10-20 10:20:09)
right
wind 2020-10-20 10:20:27
All your current efforts are aimed at making this process happen immediately. (2020-10-20 10:20:41)
yes
wind 2020-10-20 10:20:41
You want it to leave; you're trying to control it. (2020-10-20 10:20:49)
yes
wind 2020-10-20 10:20:53
Can you notice this desire to control? Just be aware of this feeling of wanting to control.
install 2020-10-20 10:21:10
able
wind 2020-10-20 10:21:25
Okay, should we allow ourselves to simply be aware of this desire to control it as it leaves?

install 2020-10-20 10:21:49

the wind generated in the brain. (2020-10-20 10:22:06)

Do you want it to happen somewhere else? (An, 2020-10-20 10:22:25)

Yes

wind 2020-10-20 10:22:42

Can you sense this desire? (An, 2020-10-20 10:22:47)

In other parts of the body

wind 2020-10-20 10:22:58
Has it
left? (An, 2020-10-20
10:23:16)
Left
wind 2020-10-20 10:23:35
Have you become more relaxed? Has your
desire to control lessened? (An, 2020-10-20 10:23:56)
nature comes back.
(2020-10-20 10:24:15)
wind left.
2020-10-20 10:24:31
Do you want to change
this situation? (An, 2020-10-20
10:24:39)
think
wind 2020-10-20 10:25:09
Can you sense this desire
for change? (An, 2020-10-20 10:25:47)
Unsure if I correctly
perceived the wind. (2020-10-20
10:26:00)
Do you want
it to be correct? (An,
2020-10-20 10:26:16)
think
wind 2020-10-20 10:26:22
Do you want this?
(An, 2020-10-20 10:26:35)
See
wind 2020-10-20 10:26:41
Has it
left? (An, 2020-10-20
10:27:23)
I turned back halfway
there . (2020-10-20 10:27:43)
It's okay. Would you like to make this
process run more smoothly? (An, 2020-10-20 10:27:57)
Yes
wind 2020-10-20 10:28:14
You've already sensed this desire for control.
Can you just look at this and try to control it? Ignore

everything else, just focus on this desire to control . (2020-10-20 10:28:56)

able

wind 2020-10-20 10:29:04

Has it

left? (An, 2020-10-20 10:29:59)

It rose up, but it's still stuck in my stomach.

wind 2020-10-20 10:30:31

No

You have not abandoned your previous concept of liberation.

To gain control and acceptance, you

don't need to pay attention to where it

is; you don't need to work your "abs."

install 2020-10-20 10:32:11

[Facepalm] I just

went to check the wind .

2020-10-20 10:32:26

Need not

Remove unnecessary steps

Often it's not that we're doing

too little, but that we're doing

too much. When I'm guiding you,

it's best to discard all

preconceived notions and just

answer based on the specific

sentence I'm guiding you on.

When I say "becoming aware of the urge to

control," I'm simply becoming aware of the feeling of

security. (2020-10-20 10:33:59)

Answer

based on intuition ?

2020-10-20 10:34:13

Yeah, if you feel it's there, then it is.

If you can't feel it,

then it's unclear.

Just answer me, "It's

unclear."

Is this

simple?

@An?

Continue

@install?

专注到你刚才的问题上，你想要控制还是认同？

安 2020-10-20 10:36:20

控制

风 2020-10-20 10:36:35

能够觉察到吗？

在这一刻

安 2020-10-20 10:36:50

能

风 2020-10-20 10:37:02

只是觉察到它

它离开了吗？

安 2020-10-20 10:37:27

没有

风 2020-10-20 10:37:45

嗯，你想要改变它吗？改变你现在的感受

安 2020-10-20 10:37:58

想改

风 2020-10-20 10:38:08

这个想要你觉察到了吗？

安 2020-10-20 10:38:40

I noticed
wind 2020-10-20 10:38:48
Allow this desire to be more noticed to you. Just relax and allow yourself to notice it. Has it been let go?
install 2020-10-20 10:39:30
Unable to relax
wind 2020-10-20 10:40:02
Do you want to control this process? (An, 2020-10-20 10:40:13)
No, I was just being too controlling .
wind 2020-10-20 10:40:38
Allow this desire for control to be noticed by you
Are you currently putting effort into the act of "awareness"? (An, 2020-10-20 10:41:02)
I realized it was true.
wind 2020-10-20 10:41:30
Seeing your efforts, it seems you want to control...
install 2020-10-20 10:41:41
yes
wind 2020-10-20 10:41:47
Seeing your efforts, has it left? (An, 2020-10-20 10:42:03)
Left
wind 2020-10-20 10:42:18
Do you still want to control it?
Do you still want to control that situation? (An,

2020-10-20 10:42:38)

I don't
really
want to
anymore
, I'm
relaxed
.

I don't want to think about it anymore.

wind 2020-10-20 10:42:58

So how are you feeling
right now? (An, 2020-10-20 10:43:33)

I felt relaxed, but didn't feel anything.
My body feels lighter,
and I don't have any other noticeable
但还是没有感到非常愉悦，对吗？
sensations . (2020-10-20 10:44:15)

install 2020-10-20 10:44:28

Yes

风 2020-10-20 10:44:28
这是个不明显的感受
对这个不明显的感受，看一看它
你希望改变它，变得更愉悦吗？
安 2020-10-20 10:45:34
没想过，你说了才想[捂脸]
风 2020-10-20 10:45:45
因为我帮你把它拉出来了
潜意识的东西
你能只是觉察到这个想要改变吗？

Ice Purple 2020-10-20 10:46:27
Is this what happens
when it gets stuck? @风?风2020-10-20
10:46:34
Um

ins 2020-10-20 10:46:58
tal
l
Yes, I noticed.
win 2020-10-20 10:47:15
d
It's just easy to notice it.
Has it left?
Use step six of the six steps to verify Up , has it gone up?
and feel if there has been a move.
ins 2020-10-20 10:48:05
tal
l
I don't know if they've left or not, but
I already feel like laughing.
win 2020-10-20 10:48:25
d
Okay, that's alright. See how you feel
now.
Do you want to change it?
ins 2020-10-20 10:48:54
tal
l
think
win 2020-10-20 10:49:08
d
Have you noticed this and want to change
it?
ins 2020-10-20 10:49:41

```
tal
 l
              Able to perceive
win  2020-10-20 10:49:51
 d
              Hmm, has it left?
ins  2020-10-20 10:50:22
tal
 l
              uncertain
win  2020-10-20 10:50:39
 d
              Do you want to be certain?
ins  2020-10-20 10:50:52
tal
 l
              Yes
win  2020-10-20 10:50:57
 d
              Is this an attempt to control?
              Has it left?
```

install 2020-10-20 10:51:19
Yes, I can
sense that
control has
left.
wind 2020-10-20 10:51:40
Has your mood improved?
(An, 2020-10-20 10:52:27)
Yes, but
not very clear .
(2020-10-20 10:52:34)
Do you want
clarity? (An, 2020-10-20
10:52:42)
think
wind 2020-10-20 10:52:45
Noticing this
desire to control An 2020-10-20
10:52:59
yes
wind 2020-10-20 10:53:02
Look, it's gone,
isn't it? (An, 2020-10-20
10:53:16)
Left
wind 2020-10-20 10:53:28
Did you
experience any pleasure?
(An, 2020-10-20 10:53:38)
have
wind 2020-10-20 10:53:49
Do you want more of
this pleasure? (An, 2020-10-20
10:53:59)
think
wind 2020-10-20 10:54:04
Noticing this
desire to control An 2020-10-20
10:54:17
yes
wind 2020-10-20 10:54:17
Can you

tell? Has
it left?
install 2020-10-20 10:54:28
able
Left
wind 2020-10-20 10:54:37
Has it made you
feel more cheerful? (An,
2020-10-20 10:54:56)
Hmm,
there's more wind now.
(2020-10-20 10:55:08)
Continue this process

install 2020-10-20 10:55:31
Okay. Thank you, Feng@ Feng

wind 2020-10-20 10:57:08
Okay, who's next?
Does anyone else
need guidance?
Xiuyuan 2020-10-20 10:57:20
Me

风 2020-10-20 10:58:07
@修远?你现在的感受是什么？
修远 2020-10-20 10:58:28
@风?平静，谢谢
风 2020-10-20 10:58:54
嗯，你感到非常非常愉悦，还是，是一种带有不满足的平静？
修远 2020-10-20 10:59:43
@风?应该带有一点点说不清楚
风 2020-10-20 10:59:59
嗯，你想要让感受变得更好吗？
修远 2020-10-20 11:00:50
@风?感觉还好，有些在体验着遇到的事情带来的这种感觉

wind 2020-10-20 11:01:30
When I ask, "What do you want to do ?", I mean
what you want to do right now without having to
think or review.
It's very simple, just look at what you want right now.

修远 2020-10-20 11:01:45
平静
心安
风 2020-10-20 11:02:24
平静和心安是你此刻的感受
修远 2020-10-20 11:02:32
是的
风 2020-10-20 11:02:35
你还有想要的事物吗？
修远 2020-10-20 11:02:42
有
负债的情况
有些想要还清
风 2020-10-20 11:03:15
嗯，能够觉察到这个想要的东西是想要控制还是想要认同吗？
修远 2020-10-20 11:03:27
认同
风 2020-10-20 11:03:51

只是觉察到这个想要认同

修远 2020-10-20 11:04:03

嗯

风 2020-10-20 11:04:19

它离开了吗？

修远 2020-10-20 11:04:36

离开些

风 2020-10-20 11:04:49

还有更多吗？

修远 2020-10-20 11:05:05

还有一些其他感觉

风 2020-10-20 11:05:23

能够觉察到吗？

修远 2020-10-20 11:05:30

能

风 2020-10-20 11:05:42

它离开了吗？

修远 2020-10-20 11:05:52

离开了

风 2020-10-20 11:06:08

有变得愉悦一些吗？

修远 2020-10-20 11:06:20

有，笑了

wind 2020-10-20 11:06:46

Thinking back to your question, do you still have
any desire for control or validation? Hmm, continue
this process.
After guiding two more,
I'll continue to release
the idea that only freedom
can better help others.

Miracle 2020-10-20 11:09:43

The current
situation is
very
discouraging,
so I'll go
first.
I've been stuck for the past two or three days.

风 2020-10-20 11:10:34

@奇迹 ?现在的感受是什么？

奇迹 2020-10-20 11:11:22

堵堵的

对自己很排斥

wind 2020-10-20 11:13:26
Can you sense this desire
to control? (Miracle 2020-10-20
11:13:41)
Yes
wind 2020-10-20 11:13:50
Has it left?
A miracle. 2020-10-20
11:13:57
not yet
wind 2020-10-20 11:14:39
When you feel what you are feeling right now, are you
trying hard to solve the current situation? Are you
aware that you are putting in effort?
Miracle 2020-10-20 11:14:51
Yes, that's
how it
works.
wind 2020-10-20 11:15:10
Hmm, this is something that
wanted to be controlled, but it left? Miracle
2020-10-20 11:15:23
winds have
left 2020-10-20
11:15:44
Or less,
but
still...
Are you still
putting in the effort?
Miracle 2020-10-20 11:15:53
Yes
wind 2020-10-20 11:16:07
If you want to control something,
can you let it go? (Miracle 2020-10-20
11:16:37)
Unable to completely
let go, somewhat resistant to the
wind. (2020-10-20 11:17:04)
Hmm, are you still trying to overcome this
feeling of resistance? Are you trying right
now?

Miracle 2020-10-20 11:17:33
Yes, I found that I've been using force. (2020-10-20 11:17:49)
This is someone trying to control miracles . (2020-10-20 11:17:49)
But I feel I can't control it leaving the wind. (2020-10-20 11:17:53)
Can you feel it?
Are you aware that you are exerting force?
Miracle 2020-10-20 11:18:14
I sensed the wind on 2020-10-20 11:18:39

让自己觉察更多一些

Miracle 2020-10-20 11:19:03

I feel that resistance is rooted in fear, and I realize I can't face my fear, so this resistance is just the last tiny bit...

I can't let go

wind 2020-10-20 11:19:30

Don't analyze

Miracle 2020-10-20 11:19:36

good

wind 2020-10-20 11:19:42

Are you aware that you want to control this situation? (Miracle 2020-10-20 11:19:50)

able

wind 2020-10-20 11:20:15

Has it left?

A miracle. 2020-10-20 11:20:33

without

Miracle 2020-10-20 11:20:42

Left

wind 2020-10-20 11:20:44

Are you trying to get rid of it? Miracle 2020-10-20 11:20:44

The wind that just happened on 2020-10-20 11:20:49

Um

Do you have more to control? Miracle 2020-10-20 11:21:12

There are some, but not many. I'm relaxed this time.

wind 2020-10-20 11:21:24

Yes, invite it to surface so we can let them leave.

The miracle of continuing this

process 2020-10-20
11:21:47
Yes, it's
here. A bit congested .
(2020-10-20 11:22:04)
Do you want to
control these
blockages? Are you
trying to do so
forcefully?
Miracle 2020-10-20 11:22:22
Yes, I'll
subconsciously try to control the
wind. (2020-10-20 11:22:56)
It doesn't matter
Just follow the steps I just guided you through.

Miracle 2020-10-20 11:23:41
Okay, thank you Feng

wind 2020-10-20 11:23:17
Who is next in need of guidance? (Qian, 2020-10-20 11:23:45)
I

wind 2020-10-20 11:25:12
So, how are you feeling right now? (Qian, 2020-10-20 11:25:26)
No clear feelings, just a calm feeling. (Wind , 2020-10-20 11:25:45)
Do you want to be more enjoyable? (Qian, 2020-10-20 11:26:07)
A little, but I always seem to fall short of step six. (Wind, 2020-10-20 11:26:44)
Hmm, can you sense this desire? (Akane , 2020-10-20 11:27:10)
able
wind 2020-10-20 11:27:23
Hmm, did you notice it? Has it left? (Qian, 2020-10-20 11:28:23)
I felt anger. (Wind, 2020-10-20 11:28:45)
Do you want control or approval? (Qian, 2020-10-20 11:29:05)
Both are true, but I agree more with Feng (2020-10-20 11:29:25)
Can you sense that you want to be recognized? (Qian, 2020-10-20 11:29:46)
Um.
wind 2020-10-20 11:29:58
Has it left? (Qian, 2020-10-20 11:31:17)

Some have left. (Wind, 2020-10-20 11:31:39)

Hmm, is there anyone else who wants to be recognized?

Are you "trying to dig deeper"? (Qian, 2020-10-20 11:32:29)

Yeah, a little. Wind 2020-10-20 11:33:24

Don't do this, Qian (2020-10-20) 11:33:29

觉得害怕。
风 2020-10-20 11:33:35
觉察你此刻能觉察到的就行
茜 2020-10-20 11:33:41
想看又不想看。

wind 2020-10-20 11:33:45
Any effort is an attempt to control; if you try to control, you'll get stuck. It's a very simple principle.

茜 2020-10-20 11:34:25
现在的感觉是恐惧想要生存。
风 2020-10-20 11:34:42
你能觉察到吗?
茜 2020-10-20 11:34:53
能，就不太想继续。
控制的继续也是控制吗?
风 2020-10-20 11:35:39
你不想看到它
风 2020-10-20 11:35:45
你抗拒它
茜 2020-10-20 11:35:56
嗯。
风 2020-10-20 11:36:07
能注意到这个想要控制吗?
茜 2020-10-20 11:36:16
能
风 2020-10-20 11:36:27
它离开了吗?
茜 2020-10-20 11:36:50
嗯
风 2020-10-20 11:37:06
你有感到更愉悦吗?

Akane 2020-10-20 11:37:23
...
I feel like I want to respond to you, but I can't find the words to say yes. (Wind,

2020-10-20 11:38:48)

Just answer based on your actual feelings. Do you want to become more happy?

茜 2020-10-20 11:39:29
是的。
风 2020-10-20 11:39:49
能够只是注意到这个想要吗？这是想要控制

Akane 2020-10-20 11:40:29
I'm somewhat resistant to the way my mother behaves in front of me; it's all my subconscious. I need to draw a clear line. I really want to.

wind 2020-10-20 11:42:31
@The Internet of Everything? Are you still there?
Qian 2020-10-20 11:43:25
It can't continue. They changed personnel, right? (Wind, 2020-10-20 11:43:45)
@茜? Do you still need it? If so, you can continue.
In addition, the guide is just to let people experience the process. If you understand how to do it, then you can do it yourself . (Qian , 2020-10-20 11:43:58)
Money issues.

风 2020-10-20 11:45:12
@茜?想到金钱问题的时候，你是什么感受？
茜 2020-10-20 11:45:36
想要生存
风 2020-10-20 11:45:54
你能放想要生存离开吗？还是它卡住了？
茜 2020-10-20 11:46:16
嗯，好像还是卡了
风 2020-10-20 11:46:32
你想要改变这个卡住吗？
茜 2020-10-20 11:46:45
是
风 2020-10-20 11:47:21
想要改变离开了吗？

Akane 2020-10-20 11:48:01
A small voice said, "Why should I change? Isn't it a

given that I should want to survive?" (Wind , 2020-10-20 11:48:17
)

Hmm, don't worry about it.

你能够觉察到自己想要改变吗?

茜 2020-10-20 11:48:45

嗯!

风 2020-10-20 11:48:51

觉察到更多
它离开了吗?
茜 2020-10-20 11:50:39
正在离开。

wind 2020-10-20 11:51:02
Release does not need to be like this
Release doesn't
require your effort. (Qian,
2020-10-20 11:51:15)
Yes, I really can't feel
relaxed or happy. (Wind, 2020-10-20
11:51:48)
When I ask you each question, are you trying
to put it into practice? Are you trying to be
aware of it?
Is that
so? Akane 2020-10-20
11:52:30
Because it's a
long-standing problem, it
feels very difficult. A
chronic, deep-seated
ailment .
wind 2020-10-20 11:53:36
I've indeed finished my session today.
Can I continue the guidance tomorrow? (Qian,
2020-10-20 11:53:52)
Okay, thank
you for your hard work.
(Wind , 2020-10-20
11:54:05)
If I don't continue to
release, the world will pull
me back. Only after I'm free
can I better help people.

Wisdom's guidance 2020-10-20 12:18:38
@风? When I used the "Release Method" instructions, I said, "First, I am still you." This is because I saw the original release method was copied directly from the video subtitles, which was Haier's instruction for others.
wind 2020-10-20 12:19:06
You can remove the pronouns.

could The context of "you"
is whether or not you can
perceive it.
Can we just
let it go?

Wisdom's guidance 2020-10-20 12:20:00

So what's the process
for releasing desire?
The steps I outlined
above are...

On October 21, 2020, before the long-term closure of the area, group members were specifically guided to release 2 [units of something].

The era of the Internet of Everything 2020-10-21 10:01:07

Has Teacher Feng arrived?
10 o'clock.

Wind 2020-10-21 10:02:48

Come

Can you feel what you're
experiencing right now? In this era of
interconnectedness... 2020-10-21
10:04:43
Peace
now,
Wind 2020-10-21 10:05:20
Do you have things you want to control
or things you want to be recognized for? In this era
of the Internet of Things... 2020-10-21 10:05:47
I want guidance
from a teacher to
help me release
stress more
quickly.
Wind 2020-10-21 10:06:07
Is this an attempt to
control or a desire for acceptance? In an
era of interconnectedness... 2020-10-21
10:06:18
Both are available.
Wind 2020-10-21 10:06:39
Which one is more likely to be noticed?
The era of the Internet of Everything 2020-10-21 10:06:48
control
Wind 2020-10-21 10:07:12
If you allow
yourself to
become aware of
it, can you let
it go?
The era of the Internet of Everything 2020-10-21 10:07:29
It's not very clear,
this wind control 2020-10-21 10:07:46
Do you want clarity?
The era of the Internet of Everything 2020-10-21 10:07:50
Can
The era of the Internet of Everything 2020-10-21 10:07:53
think
Wind 2020-10-21 10:08:05

Can you sense this
desire? In this era of
interconnectedness... 2020-10-21
10:08:14
Can,
Wind 2020-10-21 10:08:20
Has it left?
The era of the Internet of Everything 2020-10-21 10:08:33
No
Wind 2020-10-21 10:08:46
Do you want it to leave
quickly? In this era of
interconnectedness... 2020-10-21
10:09:00
A little
Wind 2020-10-21 10:09:12

Can you sense this desire
to control? In this era of interconnected
things... 2020-10-21 10:09:32
Unclear
Wind 2020-10-21 10:09:58
Are you trying hard to
see clearly the interconnectedness of
the world in this era? 2020-10-21
10:10:07
yes
Wind 2020-10-21 10:10:15
you realize this
and try to control
it and leave?
The era of the Internet of Everything 2020-10-21 10:10:43
Um
Unsure whether
to leave the wind 2020-10-21
10:11:25
Do you still want control or
recognition? In this era of the Internet of
Things... 2020-10-21 10:11:45
have
Wind 2020-10-21 10:11:57
Which one is more likely to be noticed?
The era of the Internet of Everything 2020-10-21 10:12:06
control
Wind 2020-10-21 10:12:25
Has it left?
The era of the Internet of Everything 2020-10-21 10:13:04
Leave a
little wind 2020-10-21
10:13:25
Are you trying to control
your feelings? Do you
want your release to be
faster?
The era of the Internet of Everything 2020-10-21 10:13:48
possible
Wind 2020-10-21 10:14:15
Ignore everything else, just focus
on whether you want to control it

and get it out of control.

The era of the Internet of Everything 2020-10-21 10:15:04

Not complete

Wind 2020-10-21 10:15:31

Can you allow the remaining people who want to control the departure? The era of the Internet of Everything. 2020-10-21 10:15:39

able

Wind 2020-10-21 10:16:25

Has it left?

Did you become more happy?

The era of the Internet of Everything 2020-10-21 10:16:43

One point
Wind 2020-10-21 10:17:38
Do you want to change how you feel now and make it more pleasant? In this era of the Internet of Things... 2020-10-21 10:17:52
think
Wind 2020-10-21 10:18:17
Can you sense this desire for change? In this era of interconnectedness... 2020-10-21 10:18:26
able
Wind 2020-10-21 10:18:35
Has it left?
The era of the Internet of Everything 2020-10-21 10:18:54
Left
Wind 2020-10-21 10:19:13
Has it become more enjoyable? The era of the Internet of Everything 2020-10-21 10:19:34
have
Wind 2020-10-21 10:20:13
Do you want more enjoyment, or do you want to maintain your current feeling? In this era of interconnectedness... 2020-10-21 10:20:26
More enjoyable
Wind 2020-10-21 10:20:59
Can you notice a desire to change how you feel now? In this era of the Internet of Things... 2020-10-21 10:21:24
Unclear
Wind 2020-10-21 10:21:52
Do you want clarity?
The era of the Internet of Everything 2020-10-21 10:22:18
want to
Wind 2020-10-21 10:22:45
Does this mean they want to control what's left? In this era of the Internet of Everything... 2020-10-21 10:23:05
Left
Wind 2020-10-21 10:23:32
Has your current feeling

become clearer? The era of the Internet of Everything. 2020-10-21 10:23:44

have

Wind 2020-10-21 10:23:48

Is it seeking control or seeking acceptance? In this era of the Internet of Everything... 2020-10-21 10:24:05

control

Wind 2020-10-21 10:24:17

Hmm, did you notice it? Has it left?

The era of the Internet of Everything 2020-10-21 10:24:28
Um,
Wind 2020-10-21 10:25:05
Can you still sense the
remaining desire for control? The era of
the Internet of Everything. 2020-10-21
10:25:21
besides,
Wind 2020-10-21 10:25:39
Allow yourself to be aware
The era of the Internet of Everything 2020-10-21 10:25:45
Um,
Wind 2020-10-21 10:25:55
Has it left?
The era of the Internet of Everything 2020-10-21 10:26:08
Left
Wind 2020-10-21 10:26:23
Has your experience
become more pleasant? In this era of
interconnected things... 2020-10-21
10:26:34
Realizing I was afraid
of taking too long, I
felt happy.
Wind 2020-10-21 10:26:55
Consider your current feelings: do you want
control or validation? In this era of the Internet of
Things... 2020-10-21 10:27:10
Agree
Wind 2020-10-21 10:27:32
Has it left?
The era of the Internet of Everything 2020-10-21 10:27:42
have no idea
Wind 2020-10-21 10:28:11
Do you want to figure this out?
The era of the Internet of Everything 2020-10-21 10:28:27
I didn't
expect
this to
be a
bit...
Wind 2020-10-21 10:28:50

It’s okay, do you want to control this process and make the feeling go away faster? In this era of the Internet of Things... 2020-10-21 10:29:04

Um,

Wind 2020-10-21 10:29:17

Becoming aware of this desire to control The era of the Internet of Everything

2020-10-21 10:29:27

Um,

Wind 2020-10-21 10:29:31

Has it left?

The era of the Internet of Everything 2020-10-21 10:29:40

离开了

Wind 2020-10-21 10:29:51
Okay, let's continue with this process.
The era of the Internet of Everything 2020-10-21 10:29:59
Thank you,
teacher. I'm
letting
loose.

Sophie 2020-10-21 10:31:51
@Teacher Feng, I just followed along and realized I'm very afraid of losing control if I let go of it. I'm worried about...

Wind 2020-10-21 10:32:09
Can you feel
it? Sophie 2020-10-21
10:32:14
able
Wind 2020-10-21 10:32:27
Do you want control
or acceptance? Sophie 2020-10-21
10:32:43
Want to
agree wind 2020-10-21
10:32:59
Do you allow
yourself to be
aware that it
has left?
Sophie 2020-10-21 10:33:17
the wind has
left 2020-10-21 10:33:31
Can you still sense the
desire for approval? Sophie
2020-10-21 10:34:19
cannot
A bit
wooden and airy
2020-10-21 10:34:50
Do you want to change how

you feel right now? Sophie 2020-10-21
10:35:00
want to
Wind 2020-10-21 10:35:19
Can you sense this desire? It's just
that this desire is something Sophie... 2020-10-21
10:35:38
can
Wind 2020-10-21 10:35:56
Hmm, did you
notice it
leaving?
Sophie 2020-10-21 10:36:23
Left

Wind 2020-10-21 10:36:38
Has your feeling become
clearer? Sophie 2020-10-21 10:37:29
No, I feel a bit dizzy, like something is
blocking my chest and throat, and my heart is racing.
2020-10-21 10:37:50
Do you want to
become clearer? Sophie
2020-10-21 10:38:24
I want to sink
into a
familiar
feeling
Wind 2020-10-21 10:38:51
Hmm, what do you want to do
about your feelings? Do you
want to control them?
Sophie 2020-10-21 10:39:26
Do nothing, just feel
it, and want to know
what's behind it.
Wind 2020-10-21 10:39:54
Want to know
Sophie 2020-10-21 10:39:59
Um
Wind 2020-10-21 10:40:01
Can you sense this urge to
figure it out? Sophie 2020-10-21 10:40:08
able
Wind 2020-10-21 10:40:25
Has it left?
Sophie 2020-10-21 10:40:38
Left
Wind 2020-10-21 10:41:01
Has your feeling become
clearer? Sophie 2020-10-21 10:41:33
Feeling a little drowsy
Along with
the right side of the body
wind 2020-10-21 10:41:47
Do you want to
change it? Sophie 2020-10-21

10:42:03
Unexpected, yet very familiar

Wind 2020-10-21 10:42:04
Don’t focus on your physical sensations, just pay attention to what you want.

Sophie 2020-10-21 10:42:12
Um
I want to become clearer.

Um

Wind 2020-10-21 10:42:37
Can you sense this desire to become clearer? Sophie 2020-10-21 10:42:43
able
Wind 2020-10-21 10:42:52
Has it left?
(Sophie , 2020-10-21) 10:43:26
No
Wind 2020-10-21 10:43:59
Pay attention to whether you are trying to be aware of Sophie. 2020-10-21 10:44:14
have
Wind 2020-10-21 10:44:14
Have you tried to control this process? Sophie 2020-10-21 10:44:23
have
Wind 2020-10-21 10:44:36
Can you notice this? Sophie 2020-10-21 10:44:45
able
Wind 2020-10-21 10:45:06
Did you realize this and try to control it and leave?
Sophie 2020-10-21 10:45:29
Left
Wind 2020-10-21 10:45:53
Has your feeling become clearer now? Sophie 2020-10-21 10:46:01
have
Wind 2020-10-21 10:46:11
Is it a desire for control or a desire for acceptance? Sophie 2020-10-21 10:46:25
Want to control wind 2020-10-21 10:46:42

Do you allow
yourself to be
aware that it
has left?

Sophie 2020-10-21 10:47:07

No
There's a fear
that it's leaving
me ; it seems to
be protecting me.

Wind 2020-10-21 10:47:30

Yes, you want to maintain it.
Can you notice this and
try to control it? Sophie 2020-10-21
10:47:45
Yes, I
want to be
able to
Wind 2020-10-21 10:48:15
Has it left?
(Sophie , 2020-10-21)
10:48:40
the wind has
left 2020-10-21 10:48:54
Can you detect the rest?
Sophie 2020-10-21 10:49:01
able
Wind 2020-10-21 10:49:29
Has it left?
(Sophie , 2020-10-21)
10:49:41
No
I realized I had a desire
for them to leave the wind. 2020-10-21
10:50:03
Um
Does this person
want to leave? Sophie 2020-10-21
10:50:16
Left
Wind 2020-10-21 10:50:42
Let's check step six. Did it become
more enjoyable? Sophie 2020-10-21 10:51:00
No
Feeling touched
halfway through the process of
wind 2020-10-21 10:52:11
Do you want to change how you feel right
now and make it more pleasant? Sophie 2020-10-21
10:52:23
want to
Wind 2020-10-21 10:52:59
Has it left?

Sophie 2020-10-21 10:53:06

Left

The wind

became clearer on

October 21, 2020.

10:53:24

Has it become more

enjoyable? Sophie 2020-10-21

10:53:31

have

Wind 2020-10-21 10:53:51

Do you want to become better, or do you want to maintain this feeling of pleasure?

苏菲 2020-10-21 10:54:04
想变得更好
风 2020-10-21 10:54:22
能放它离开吗?
苏菲 2020-10-21 10:54:29
能
风 2020-10-21 10:55:00
它离开了吗?
苏菲 2020-10-21 10:55:09
离开了
风 2020-10-21 10:55:32
有变得更加愉悦吗?
苏菲 2020-10-21 10:55:40
有

Wind 2020-10-21 10:55:48
Okay, repeat this
process to
continue moving
online. up
Sophie 2020-10-21 10:56:20
Okay, thank you, Teacher Feng. I feel much more relaxed now.

Huizhi Lanxin 2020-10-21 10:56:57
I have a resistance to some jobs, and I often
get stuck when I try to release my emotions. 2020-10-21
10:59:22
Um

你能感受到这个抗拒吗?
惠质兰心 2020-10-21 10:59:44
能
风 2020-10-21 11:00:05
想要控制还是想要认同?
惠质兰心 2020-10-21 11:00:35
两个都有 风
2020-10-21 11:00:52
哪个更能觉察到?
惠质兰心 2020-10-21 11:01:18
控制
风 2020-10-21 11:01:45
能放它离开吗? 惠
质兰心 2020-10-21 11:01:59
能
风 2020-10-21 11:02:11
嗯,它离开了吗?

惠质兰心 2020-10-21 11:02:33
离开的一部分，又有一波冒出来风
2020-10-21 11:03:38
嗯，你想要控制它们吗？
惠质兰心 2020-10-21 11:04:34
刚才没有提示下有想要
风 2020-10-21 11:05:24
它离开了吗？
惠质兰心 2020-10-21 11:06:02
现在持续离开
喉咙处胀胀的，是卡住吗？还是正常的

Huizhi Lanxin 2020-10-21 11:15:19
@Teacher Feng
Bingzi 2020-10-21 11:16:18
Teacher Feng is
giving a lecture in the study
group . 2020-10-21 11:19:08
@惠质兰心? Excuse me,
please wait a moment
while I finish explaining
that important question
and then I'll come back
to guide you.
Huizhi Lanxin 2020-10-21 11:19:43
?? OK
Wind 2020-10-21 11:22:46
A feeling of fullness in the
throat, a physical sensation of gentleness
and kindness. 2020-10-21 11:23:48
Yes, I can feel the wind
intermittently in my throat. 2020-10-21
11:23:53
Note that the "stuck" mentioned in the release method
refers to your release being stuck, meaning your feeling
is stuck.
Your emotions and feelings are
stuck there, unable to flow freely. 2020-10-21
11:25:08
I understand, this isn't
due to emotional
blockage, it's due to

physical sensation.

Wind 2020-10-21 11:25:34

When your throat feels tight, you should notice that you want to change it when you release that feeling.

You can feel its smooth and gentle nature.

2020-10-21 11:26:18

Yes, I'm now aware that I have control.

I noticed the change; the air was flowing smoothly. 2020-10-21 11:29:18

Sorry, that's all for today's guidance.

I have to go now. I can continue to guide you tomorrow.

Or you can try the process yourself, and work on creating an infinite entity that doesn't need anyone else's help.

October 21, 2020 (New) Guided Release of Fear

Wind 2020-10-21 17:10:05
You can focus on one thing you want to improve. (Dawn, 2020-10-21 17:10:30)
I want to release the winds of fear
2020-10-21 17:10:32
Can you sense how you are feeling right now?
Dawn 2020-10-21 17:10:44
able
Wind 2020-10-21 17:11:04
Is it seeking control or validation? (Dawn, 2020-10-21 17:11:17)
control
Wind 2020-10-21 17:11:34
Can I become more aware of it? (Dawn, 2020-10-21 17:11:50)
I dare not
Various physical sensations emerged, and my jaw clenched . (2020-10-21 17:13:02)
What are you trying to resist? (Dawn, 2020-10-21 17:13:26)
Sadness, anger Ai Mi 2020-10-21 17:13:36
I feel threatened by the wind. (2020-10-21 17:13:44)
Can you notice you're trying to resist? (Dawn, 2020-10-21 17:13:56)
Yes
Wind 2020-10-21 17:14:43
Is this resistance a desire for

control or a desire for acceptance? (Dawn, 2020-10-21 17:15:02)

All

Wind 2020-10-21 17:15:24

Which is more easily perceived at dawn? (2020-10-21 17:15:39)

control

Wind 2020-10-21 17:16:07

Can we let it go? (Dawn, 2020-10-21 17:16:26)

cannot

Fear, loss of control

Dawn 2020-10-21 17:17:32

I threw up

Wind 2020-10-21 17:17:35

Hmm, can you just perceive this desire to control? (Wind, 2020-10-21 17:18:00)

Are you trying hard, making an effort, to do something about your feelings? (Dawn, 2020-10-21 17:18:36)

Yes

Wind 2020-10-21 17:18:53

Can you sense this desire to control? (Dawn, 2020-10-21 17:19:05)

able

Wind 2020-10-21 17:19:09

Just allowing myself to see what I want to control at dawn. (2020-10-21 17:19:26)

Um

Wind 2020-10-21 17:19:35

Has it left? (Dawn, 2020-10-21 17:19:49)

30% left

Wind 2020-10-21 17:20:12

Can you allow yourself to perceive the remaining desire for control? (Dawn, 2020-10-21 17:20:40)

able

Wind 2020-10-21 17:20:58

Has it left?

Do you want your feelings to become clearer? (Dawn, 2020-10-21 17:22:20)

think

Wind 2020-10-21 17:22:39

Did you realize that the desire to control was just a desire, and then it left?

Dawn 2020-10-21 17:23:06

Did you
feel it
or not?

Wind 2020-10-21 17:23:45

Hmm, has it left?
Okay, do you want it to leave quickly? (Dawn, 2020-10-21 17:24:10)

Feeling lost, I
realized I
wanted him to
leave as soon as
possible.

Wind 2020-10-21 17:24:26
Can you simply be aware of this desire to understand? Allow yourself to become more aware of this desire.
Dawn 2020-10-21 17:25:11
I felt the wind on October 21, 2020 17:25:17
Has it left?
(Dawn, 2020-10-21 17:25:43)
Left
Wind 2020-10-21 17:26:01
Has your feeling become clearer? (Dawn, 2020-10-21 17:26:18)
has cleared somewhat.
(2020-10-21 17:26:31)
Is it seeking control or validation? (Dawn, 2020-10-21 17:26:46)
Agree
Wind 2020-10-21 17:26:56
Do you allow yourself to be aware that it has left?
Dawn 2020-10-21 17:27:21
without
Wind 2020-10-21 17:27:36
Do you want it to leave quickly? (Dawn, 2020-10-21 17:27:54)
Thinking, anxious wind
2020-10-21 17:28:03
Yes, this is an attempt to control.
Can you simply be aware of this desire? (Dawn, 2020-10-21 17:28:14)
oh
Wind 2020-10-21 17:28:46

Has it left?
(Dawn, 2020-10-21
17:29:11)
No, I have
gout all over my body.
(2020-10-21 17:29:49)
Do you want to change
how you feel right now? (Dawn,
2020-10-21 17:30:06)
I feel I've taken up your time. I'm in a
real hurry and want to finish quickly . (2020-10-21
17:30:22)
Hmm, is this an attempt to
control or to gain approval?
Which is more obvious?
Dawn 2020-10-21 17:30:38

Agree
Afraid
you'll hate me
(2020-10-21 17:30:58)
I just realized that I
wanted to relax and
agree.
Wind 2020-10-21 17:31:18
Has it left?
(Dawn, 2020-10-21
17:31:43)
My body relaxed a bit, but
my scalp was still numb; I
wasn't sure if I was still
feeling it.
I think I'm a
troublesome student . (2020-10-21
17:32:29)
Ignore these thoughts that
arise in your mind and
focus on how you feel
right now.
Do you want control or
validation? (Dawn, 2020-10-21
17:32:55)
Wanting to control,
even wanting to escape .
(2020-10-21 17:33:25)
It's okay, allow
yourself to be aware of it. (Dawn,
2020-10-21 17:33:51)
Unable to face the
fact that I am like
this and can't do
anything right
Still
controlling the wind
2020-10-21 17:34:20
Do you want to change yourself?
Noticing this obvious
desire to change (Dawn, 2020-10-21
17:34:42)

oh

Wind 2020-10-21 17:35:31

Has it left?

(Dawn, 2020-10-21 17:35:36)

stupid

Wind 2020-10-21 17:36:26

When you release, those guidance methods are actually quite simple . (2020-10-21 17:37:01)

For example, if I ask you, "Does it want control or validation?" (Dawn, 2020-10-21 17:37:03)

@Teacher Feng, that's all for today. Thank you. I have a question: can I ignore mental noise?

Wind 2020-10-21 17:37:43

You can ignore it.

On October 22, 2020, before the long-term closure of the area, group members were specifically guided to release 3 [units of something].

Wind 2020-10-22 10:08:45

Because my guidance started
with releasing desires and
skipped the experience of
releasing emotions.
Therefore, there may be some
issues for newcomers, and
some newcomers can experience
them.
Some people may mistake that habitual repression for a release.
In this situation, you can start by
experiencing what release feels like from
the first lesson on releasing emotions,
and then progress to releasing desires.

Strawberry, watermelon, cherry 2020-10-22 10:12:00

But desire itself
is so beautiful, I
can't bear to let
it go.

Wind 2020-10-22 10:13:12

Desire stems from
scarcity; how can it be beautiful? (
Strawberry, Watermelon, Cherry,
2020-10-22 10:13:39)

I don't know how to put it, but
desire itself is also beautiful.
To me, desire represents a
vibrant kind of beauty.

Wind 2020-10-22 10:15:37

Desire is the
cause of emotions .
(2020-10-22 10:15:54)

Teacher, if I'm feeling unwell and it's causing me anxiety, is it enough to just let go of that anxiety? (2020-10-22 10:16:09)

Desire is when you say, "I am limited," creating a sense of scarcity, and then believing that something can fill that void. (2020-10-22 10:16:29)

When your desires are released, you will

feel "I am infinite and whole." Try it, and you'll see.

However, on October 22, 2020 10:16:49

Or is it about releasing bodily sensations?

(Wind, 2020-10-22 10:16:52)

Yes, releasing emotions and experiencing bodily sensations is a form of expression.

Don't suppress it, just release the emotion.

Once emotions are released, the discomfort in the body will dissipate. In this era of the Internet of Things... 2020-10-22 10:17:42

With the teacher leading the way, everyone's learning was very effective . 2020-10-22 10:18:44

You can try it.

However, do not rely on boots.

Guidance teaches you to let go, to create miracles you can achieve on your own. 2020-10-22 10:19:32

I'm in so much pain right now and desperately need money to pay off my debts. I'm so anxious . Teacher Feng, could you please guide me? ... Please?

Wind 2020-10-22 10:19:37
Can you feel what you're
feeling right now? A miracle.
2020-10-22 10:19:45
Yes
Wind 2020-10-22 10:20:14
Is it a desire for control
or a desire for acceptance? A miracle.
2020-10-22 10:20:24
control
Wind 2020-10-22 10:20:57
Allow yourself to
perceive its miracle
2020-10-22 10:21:04
Yes
Wind 2020-10-22 10:21:27
Has it left?
Miracle 2020-10-22
10:21:39
No
Wind 2020-10-22 10:22:18
Are you
stuck? Miracle 2020-10-22
10:22:29
Yes, it was
blocked on October 22,
2020. 10:22:54
Do you want to change this
feeling of being stuck? A miracle.
2020-10-22 10:23:03
Yes
Miracle 2020-10-22 10:23:09
I want to
change wind 2020-10-22
10:23:20
I just noticed that
this desire to change the miracle
2020-10-22 10:23:32
I noticed
wind 2020-10-22 10:23:54
Hmm, has it left?
A miracle. 2020-10-22 10:24:04

breeze left

2020-10-22 10:24:42

Hmm, allow yourself to feel
whether the remaining feelings
are a desire to control or a
desire to acknowledge?

Miracle 2020-10-22 10:24:55

Um
Want to agree

Wind 2020-10-22 10:25:44

Allow yourself to become aware of the desire to identify

Miracle 2020-10-22 10:26:08
I will involuntarily
resist going back to the wind
2020-10-22 10:27:01
It doesn't matter
Are you trying to
control this? Miracle 2020-10-22
10:27:14
Yes
I strongly resist its appearance

Wind 2020-10-22 10:27:42
Yes, allow yourself to become
aware of this desire to control miracles.
2020-10-22 10:27:54
I noticed
wind 2020-10-22 10:28:32
Has it left?
Miracle 2020-10-22
10:28:48
No
Wind 2020-10-22 10:29:03
Are you
stuck? Miracle 2020-10-22
10:29:26
Hmm, I want
to change its style.
2020-10-22 10:29:52
Hmm, can you sense this desire
for change? A miracle. 2020-10-22 10:30:14
I noticed
wind 2020-10-22 10:30:25
Has it left?
Miracle 2020-10-22
10:30:34
Some wind
2020-10-22 10:30:51
Do you still feel any
sticking sensation? Miracle
2020-10-22 10:31:02
some
Wind 2020-10-22 10:31:08

Want to change? Miracle 2020-10-22 10:31:42

Want to control wind 2020-10-22 10:31:52

Allow yourself to become aware of the desire to control miracles. 2020-10-22 10:32:33

Hmm, I sensed the wind. 2020-10-22 10:32:44

Have they left?

奇迹 2020-10-22 10:32:54
离开了一些
风 2020-10-22 10:33:19
嗯，继续这样做
奇迹 2020-10-22 10:33:27
好的

Miracle 2020-10-22 10:33:42
I want to ask, when a thought
arises, should I just ignore it?
I'm easily led astray.
consciousness
Wind 2020-10-22 10:34:29
Okay, ignore
the miracle. 2020-10-22
10:34:57
Is it enough to
just be aware of
your feelings? I
feel much more
relaxed now.
I was just resisting my pain, the agonizing feeling of wanting money to pay off my debts . 2020-10-22 10:37:04
Yes, once you become aware of
your feelings, and then aware of
your desires , you can continue
to release them.

Qingxi 2020-10-22 10:37:14
Sometimes it's hard to tell if you want approval or control. You subconsciously try to distinguish between them. At times like these , you don't need to differentiate so clearly; can you just release what you want? @Wind
Wind 2020-10-22 10:38:24
Yes, when you find that you can release the urge to
control and distinguish things by putting in effort at
any stage, this is a desire to understand (wanting) to
figure out)
Qingxi 2020-10-22 10:38:56
@Wind ? Teacher, could you help me release some energy? I am releasing energy, but it doesn't seem like the energy just disappears all at once , and I don't feel empty.

风　2020-10-22 10:39:36
　　你现在能感受到你的感受吗？
清溪 2020-10-22 10:39:48
　　能
　　抗拒，厌恶，被迫不情愿
风 2020-10-22 10:40:31
　　感觉一会儿这个抗拒
　　只是直接地感受它
清溪　2020-10-22 10:40:44
　　好
风　2020-10-22 10:40:58
　　你能不能放它离开？

It's just a
matter of whether or not
Qingxi can be cleared.
2020-10-22 10:41:12
cannot
Wind 2020-10-22 10:41:24
Would you be
willing to let it go? Qingxi
2020-10-22 10:41:34
willing
Wind 2020-10-22 10:41:41
When? Qingxi
2020-10-22 10:42:00
have no idea
Feeling powerless to
leave, unable to leave the wind
2020-10-22 10:42:24
Okay, relax, and look at how you
feel right now. Can you only
feel this resistance?
Qingxi 2020-10-22 10:42:46
able
Wind 2020-10-22 10:43:05
Can you allow it to
leave? (Qingxi) 2020-10-22
10:43:13
able
Wind 2020-10-22 10:43:20
Are you willing?
Qingxi 2020-10-22 10:43:35
But it's
impossible to
make it leave the
willing.
Wind 2020-10-22 10:43:45
When? Qingxi
2020-10-22 10:44:07
Now
Wind 2020-10-22 10:44:17
Has it left?
(Qingxi , 2020-10-22)
10:44:25

without

No movement

Wind 2020-10-22 10:44:42

Are you

stuck? Qingxi 2020-10-22

10:44:48

Hmm,

stuc

k.

Wind 2020-10-22 10:44:53

Do you want to change

this stuck situation? Qingxi

2020-10-22 10:45:05

想要改变 风
2020-10-22 10:45:16
只是觉察到这个想要改变
轻柔地觉察到想要改变
清溪 2020-10-22 10:45:26
好像在抗拒无力改变
嗯，放松一点了
风 2020-10-22 10:46:12
想要改变离开了吗？
清溪 2020-10-22 10:46:19
想
风 2020-10-22 10:48:48
嗯，觉察到想要改变
清溪 2020-10-22 10:48:59
嗯

Qingxi 2020-10-22 10:49:46

Teacher, I realize that I want to change, but I also resist and feel powerless to change.

Yes, fear, a desire to change, yet an inability to do so, a lack of belief in one's ability to change. And so, nothing changes. But isn't this just overthinking?

Wind 2020-10-22 10:54:46

Have you ever experienced the release of emotions? (Qingxi) 2020-10-22 10:55:38

I haven't really experienced it fully. Sometimes it helps to release tension, but I never feel like I've truly experienced a complete release. (Wind) 2020-10-22 10:56:13

Okay, let's start by letting go of our emotions, Qingxi. 2020-10-22 10:56:23

oh

Wind 2020-10-22 10:56:28

Without the experience of releasing emotions as a foundation, releasing desires easily remains just a thought. Lester 's course design is still scientific.

My guidance skipped over the emotional release process, which worked well for some people, but might cause some confusion for some newcomers.

Qingxi 2020-10-22 10:59:10

If one cannot fully experience emotions, one cannot clearly perceive

or release desires, is that correct? (Wind) 2020-10-22 11:01:43

Sometimes it works wind 2020-10-22 11:01:52

I directly guide the newcomers. The experience of release is very clear.

Yitian 2020-10-22 11:07:03

Feeling refers to an inner sensation, not a sensation felt by the heart.

Wind 2020-10-22 11:07:22

It's an inner feeling.

Once you get used to it, you won't need to specifically emphasize where to start perceiving it.

This was mentioned in the first lesson of 1992 .

Yitian 2020-10-22 11:08:46

What's the difference between "feeling with your chest and abdomen" and "feeling the sensations in your chest and abdomen" ?

Wind 2020-10-22 11:09:31

The entire course is presented in an experiential rather than intellectual way, so when you sit in this classroom or learn at home by watching the tapes, please try to feel as much as possible , rather than think . Focus here (the instructor places their hands on their chest and abdomen) when I ask you, "What are you feeling right now?" See if you can focus on feeling this part of your body. If you don't feel anything in this part, don't worry. The entire course is designed to help you more clearly connect with your emotions and learn how to let them flow freely.

open.

Wind 2020-10-22 11:09:47

Not focusing on the sensations in the chest and abdomen

Instead, focus on your chest and abdomen to feel your emotions. (Yitian , 2020-10-22 11:10:15)

I think the hardest thing to explain is actually this little bit of wind. (2020-10-22 11:10:19)

Find your emotion in the table and try to feel it from your chest and abdomen.

Liu (2020-10-22) 11:11:20

There's no need to overthink these things, is there?

(Wind, 2020-10-22 11:11:28)

Yeah, there's no need to overthink it.

Because the release method is experiential.

These are questions that

cannot be understood by the

mind , but as long as you

follow along, you will

understand.

Yitian 2020-10-22 11:12:35

Without understanding this

point, going through any number of procedures

is useless . (2020-10-22 11:12:55)

That's not how it is.

Wind 2020-10-22 11:13:07

We tend to use our minds to figure something out before experiencing it.

In reality, many things cannot be understood through

mere intellectual thought unless you experience them

firsthand. I can explain them very clearly in theory,

but that would be meaningless to you.

The reason we use the chest and abdomen to feel is because emotions originate in the sensory center.

However, an important thing to remember is that this course is experiential. If someone gives you a book telling you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential activity. Just like when you ride a bicycle: you learn how to ride, then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just driving it.

The same thing happens when you use this technique. The more you do it, the more naturally you grasp the key points and the more natural the release becomes . You're just riding a bicycle and keeping going. So what's going to happen is that even if you have to think about it a bit and manipulate yourself a little at first, you'll find it gets easier and easier as you keep doing it .

Wind 2020-10-22 11:16:03

The metaphor of riding a bicycle is also what Lester Levenson (The Sedona Method) used in "The Way" to describe the wind. (2020-10-22 11:16:25)

The release method course guides you directly through the process, free from any preconceived theories, allowing you to experience release.

It's okay to make mistakes. After a few mistakes, you'll know what's right. But if you don't go through the process yourself and experience it, you'll never truly learn.

柳某人 2020-10-22 11:17:49

压抑的很厉害该如何释放?

释放压抑?

风 2020-10-22 11:18:05

你能够注意到现在的感受吗?

柳某人 2020-10-22 11:18:25

没啥感受风

2020-10-22 11:19:17

模糊不清的感受?

柳某人 2020-10-22 11:20:10

算是吧

风 2020-10-22 11:20:10

Wind 2020-10-22 11:21:41
Do you want to become aware of it? (Liu Mouren, 2020-10-22 11:21:54)
think
Wind 2020-10-22 11:22:06
Can you perceive this desire? (Liu Mouren, 2020-10-22 11:22:27)
able
Wind 2020-10-22 11:22:39
Has it left? (Posted by Liu Mouren on 2020-10-22 11:22:52)
After a while (2020-10-22 11:23:07)
Has the vague feeling become clearer? (Liu Mouren, 2020-10-22 11:23:31)
has cleared somewhat. (2020-10-22 11:23:45)
Hmm, is it trying to control or to gain approval? (Liu Mouren, 2020-10-22 11:24:11)
control
Wind 2020-10-22 11:24:40
Can you detect it? (Liu Mouren, 2020-10-22 11:25:04)
cannot
Wind 2020-10-22 11:25:15
Want to notice? (Posted by Liu, 2020-10-22 11:25:25)
think
Wind 2020-10-22 11:25:50
Has it left? (Posted by Liu Mouren on 2020-10-22 11:26:08)
Gone
Wind 2020-10-22 11:27:20

Has the feeling become clearer? (Liu Mouren, 2020-10-22 11:27:40)

Um

Wind 2020-10-22 11:28:19

So, it's very simple: when you're feeling extremely repressed, just feel this vague feeling and release your desire to change it. When the desire for change is released, you can feel your current feelings more clearly. (Liu Moumou, 2020-10-22 11:28:49)

And then you do it repeatedly, right?

Wind 2020-10-22 11:28:55
Yes, this really doesn't require effort to understand. (2020-10-22 11:29:05)
Thanks
Wind 2020-10-22 11:29:09
If it's unclear, then feel the unclearness and notice that you want to change it. Release the unclearness, and it will automatically become clear.
Liu (2020-10-22) 11:29:47
Looks like I need to practice more. (2020-10-22 11:30:07)
Don't try to use extra techniques outside the process to handle problems encountered within it; letting the process itself handle everything.
Liu (2020-10-22) 11:30:36
Um
Wind 2020-10-22 11:30:49
Feelings such as "not being able to feel emotions," "being unclear," "being stuck," and "being confused" can all be resolved after undergoing a release process.
No prior practice is required; the practice process itself is sufficient.
Liu (2020-10-22) 11:32:22
Are there fixed questions for when you can't sense emotions? Are there procedural questions?
Wind 2020-10-22 11:32:49
have
Feel this vague feeling
Then ask yourself, "Do I want to change this feeling?" (Liu Mouren, 2020-10-22 11:34:21)
Want to change? (Wind, 2020-10-22

11:34:32)
Um
Liu (2020-10-22) 11:34:56
Understood, thank you.

Sui Le 2020-10-22 11:37:53
@Wind ? I also have some misconceptions about how to release it, but I don't know where the wind is. 2020-10-22 11:38:16
Many people want to use additional techniques to address issues related to the release method, such as practicing awareness.
For example, go to a special practice session to find the feeling.
I'm making it clear: no,
none of this is needed,
no practice is required.
This is making a simple thing extremely complicated.

Qingxi 2020-10-22 11:43:03

You don't need to search for feelings, do you? I was just trying to find those feelings, but when I became aware of my thoughts and ideas , I didn't actually feel them, which complicated things and made the release difficult! There's a question here.

Wind 2020-10-22 11:43:33

No need to look

Qingxi 2020-10-22 11:43:57

@Wind ? I have another question: if there are no feelings, does that mean there's no need to release them? And how do you release them?

Wind 2020-10-22 11:44:13

When there is no feeling, it is a "vague feeling" —your feeling is unclear.
You feel blank
Releasing the desire to change this feeling will make it clearer.
Then you can release it.

轻舞的风 2020-10-22 11:45:42

@风?那情绪总得找吧？总得觉察吧风

2020-10-22 11:45:56

不用找

觉察不是一种努力

比如我问你，你现在的感受是什么你不需要刻意做一个感受的动作

如果你现在清晰地感觉到你是愤怒或是悲伤的，你马上就能知道如果你现在的感受不清晰，那你马上也能知道自己感受模糊不清但你往往想要通过努力、通过控制让自己不清晰的感受变得清晰这是“找感受”的实质

Lightly Dancing Wind 2020-10-22 11:49:08

You mean to release your emotions directly when they arise, without deliberately seeking out a clear stream? 2020-10-22 11:49:12

In fact, it has no connection to past situations, events, thoughts, or analyses, and there's no need to dig into it.

Bar?

I always struggle to perceive and try hard to distinguish.

Wind 2020-10-22 11:50:04

Hmm, no need to dig.

Because when you try to dig deeper, you're actually trying to control it; you're trying to suppress your current feelings and find a feeling you desire.

Silence 2020-10-22 11:51:16

Don't you need to recall an event or a problem? (Wind) 2020-10-22 11:51:27

You can recall it, or you can choose not to.

If you have a problem you want to improve, you can think about it for a bit.

Lightly Dancing Wind 2020-10-22 11:51:49
@Wind ? Can't I just release my emotions directly? Wind 2020-10-22 11:51:59
Yes
Directly experience your current emotions, and then follow the process. You can ask anyone who has successfully released their emotions.

Qingxi 2020-10-22 11:52:37
@Wind ? Is the desire to perceive driven by a desire for approval or a desire for control? Isn't this also a distinction made by the brain? Wind 2020-10-22 11:52:52
no
You can perceive
It's not about analyzing, trying to control, or agreeing with something.
Because in reality, all your feelings are driven by a desire for survival, a need for validation and control.
If we were to analyze it, then all three are present.
Qingxi 2020-10-22 11:53:40
I've always analyzed their wind 2020-10-22 11:53:43
The identification of the release of desire is not analysis.
Rather, it's about which one you're more aware of right now.
The moment you become aware of it, you have a natural tendency to let it go, like a gentle breeze.
2020-10-22 11:54:18
@Wind ? @Wind ? When emotions are surging but a thought keeps recurring in your mind , how do you release it?
Wind 2020-10-22 11:55:00
When you say "I can't control it," you realize that you're trying to control the gently dancing wind. 2020-10-22 11:55:18
@Wind ?
Release control? Wind 2020-10-22 11:55:20
When you realize you're exerting force, you become aware of your desire to control. Be aware of this desire to control, and allow yourself to simply observe and control this

urge.

Then allow it to be released by the gentle breeze. 2020-10-22 11:55:38

@Wind ? Does that mean release control? Wind 2020-10-22 11:55:40

Um

It's very simple.

Don't complicate it.

Qingxi 2020-10-22 11:57:19

up and interfering, then you should just ignore them, right? @Wind Wind 2020-10-22 11:57:20

Yeah, don't worry about your brain.
Because your mind is actually programmed.

Sui Le 2020-10-22 11:57:32
@Wind ? I can sense it for a fleeting moment, but I can't release it. What should I do?

风 2020-10-22 11:57:49
这个是卡住
注意到你卡住的感觉
然后注意到你想要改变卡住的感觉然后觉察到想要改变
如果你不释放掉想要改变，它就会持续运作你你就会持续卡住

Silence 2020-10-22 12:02:30
My mind is powerful, but my awareness is weak [facepalm]. I can clearly know my thoughts and ideas, but I can't perceive (feel) my feelings .
Wind 2020-10-22 12:04:41
You're just used to suppressing your feelings.
This problem can be solved quickly by simply following the process . 2020-10-22 12:04:59
@Wind ? Release the feeling of being stuck, like looking at the card, feeling the feeling of being stuck, and then asking yourself, do I want to change it? Can I make it go away? Like this?
Wind 2020-10-22 12:05:29
Be aware of your desire to change

hai 2020-10-22 12:05:42
@Wind ? Does releasing desires not require connecting with events or people? Wind 2020-10-22 12:05:53
Need not

Qingxi 2020-10-22 12:10:46
How can one completely forget about people and things and continuously release desires for several hours? (Wind) 2020-10-22 12:10:56
You don't need
to control or
think about
it; the things

will
automatically
surface.
But you only need to pay attention to your desires.

Yitian 2020-10-22 12:29:40
Where is the key
point here ? 2020-10-22 12:30:17
Why don't you try it yourself?
It's really simple, try it and you'll get it.

Which step did you encounter a problem with?

Can you feel your own feelings now? (Yitian) 2020-10-22 12:31:37

first step

I didn't feel anything . (October 22, 2020) 12:32:00

Hmm, the feeling isn't clear, is it? (The Heaven Sword and Dragon Saber) 2020-10-22 12:32:08

right

Wind 2020-10-22 12:32:27

Do you want to change this ambiguity? (Yitian) 2020-10-22 12:32:39

No

Wind 2020-10-22 12:32:57

Do you want to let go? (The Heaven Sword and Dragon Saber) 2020-10-22 12:33:11

want

Wind 2020-10-22 12:33:25

Hmm, did you notice this? (Yitian) 2020-10-22 12:33:42

Unaware

wind 2020-10-22 12:33:54

Do you want to become aware of it? (Yitian) 2020-10-22 12:34:13

want

Wind 2020-10-22 12:34:32

You know what you want, right? (The Heaven Sword and Dragon Saber) 2020-10-22 12:34:45

right

Wind 2020-10-22 12:35:08

Okay, keep this in mind, you know about Yitian. 2020-10-22 12:35:18

OK

Wind 2020-10-22 12:35:18

Does this person want to leave? (Yitian)

2020-10-22 12:35:47

Unclear

Wind 2020-10-22 12:36:03

Do you want to change this uncertainty? This feeling of uncertainty?

Yitian 2020-10-22 12:36:26

No desire to change

Wind 2020-10-22 12:36:49
Do you want it to be clear? (Yitian) 2020-10-22 12:37:00
No
Wind 2020-10-22 12:37:16
Can you perceive this unclear feeling? (From "The Heaven Sword and Dragon Saber") 2020-10-22 12:37:49
able
Wind 2020-10-22 12:38:15
Allow yourself to become aware of it
Has this feeling become clearer? (The Heaven Sword and Dragon Saber) 2020-10-22 12:38:49
Nothing changed 2020-10-22 12:39:00
Do you want to change it? (Yitian) 2020-10-22 12:39:32
It's uncertain; I don't know if there's any intention to change the wind. 2020-10-22 12:39:43
Hmm, do you want to understand? Do you want to be sure?
Yitian 2020-10-22 12:39:57
No
Wind 2020-10-22 12:40:17
Can you perceive this uncertain feeling? (Yitian) 2020-10-22 12:41:01
A thought arose in my mind: going around in circles like this... the wind 2020-10-22 12:41:18
Hmm, do you want to control this process? (Yitian) 2020-10-22 12:41:30
No
Wind 2020-10-22 12:41:51
What do you want to do about this feeling?

Yitian 2020-10-22 12:42:05

The sound of
silence around me
makes me not want
to do anything
about my
feelings.

风　2020-10-22 12:42:40
想一件你想要改变或者改善的事你
能回想起来吗
倚天　2020-10-22 12:42:58
能
风　2020-10-22 12:43:11

你能够觉察到你想要改变它吗？倚
天 2020-10-22 12:43:29
有一点
风 2020-10-22 12:43:41
嗯，允许自己觉察到这个想要改变它
离开了吗？
倚天 2020-10-22 12:44:07
没有
不确定
风 2020-10-22 12:44:31
好，再次集中到那个你想要改变的问题上你
能感觉到你想要改变吗？
倚天 2020-10-22 12:44:44
好
能
风 2020-10-22 12:45:25
允许自己对此更有觉察
它浮现到表面了吗？
倚天 2020-10-22 12:46:12
不明显
风 2020-10-22 12:46:30
继续注意这个不明显的感受
你能更加觉察到这个不明显的感受吗？

Yitian 2020-10-22 12:47:49
When you guide me like this, or when I guide myself, I enter a very quiet state where my thoughts seem to stop.
Wind 2020-10-22 12:48:17
It's probably a state of automatically suppressing feelings.
Yitian 2020-10-22 12:48:33
It should be wind of Qingming
Festival. 2020-10-22 12:48:54
That's okay.
When you feel quiet, it's still a feeling ; you can still release it. If you can't release it, it's stuck . You need to release it to change what you want to change.

When something gets stuck, you definitely have a desire to control it and prevent it from getting stuck .
2020-10-22 12:49:57

I feel this "quiet"
wind 2020-10-22 12:50:30

Yes, if you want to maintain this quiet, it's also a desire for control. Once you become aware of this desire for control, it will be released.

Yitian 2020-10-22 12:50:46

I sense that this "quiet" can remain unchanged for a long time. I didn't intend for it to change the wind.

2020-10-22 12:51:14

Therefore, you should be conscious of whether you want to control it. If you don't want to change it, then you want to maintain it.

Yitian 2020-10-22 12:52:03

It seems there's neither a desire to change nor a desire to maintain the trend.

2020-10-22 12:52:21

What is that?

Yitian 2020-10-22 12:52:24

how I feel when I calm down. 2020-10-22 12:52:59

When you can't let go, you need to pay attention to what you want. Don't try to force it in other directions.

Because it's your desire to control that's causing you to get stuck, making things unclear, and preventing you from feeling the release of the Heaven Sword. 2020-10-22 12:54:27

When I calm down, my mind becomes a bit sluggish, and all I feel is silence. After a while, I'll fall asleep .

(2020-10-22) 12:57:06

repressed system with severe procedural repression. 2020-10-22 12:57:20

It should be

A false calm

Sophie 2020-10-22 12:57:56

What should we do in this situation?

I realized I had the same feeling; I had a similar feeling yesterday when Teacher Feng guided me through the process . 2020-10-22 12:59:30

Solve it with a process

Huixuan 2020-10-22 12:59:54

@Wind ? I don't need to ask anymore, not even a single question. I just feel it flowing outwards. Does that count as releasing the wind? 2020-10-22 13:00:10

Can

However, it's worth noting that controlling and acknowledging this release can be faster.

Wind 2020-10-22 13:02:29

A long-suppressed mind can learn to release itself by addressing the problems that have been troubling it for a long time.

Yitian 2020-10-22 13:03:02
For example
Wind 2020-10-22 13:03:06
You can use events that evoke strong emotions.
For example, when you are angry, you
can't possibly not feel anger; when you
are intensely sad, you can't possibly
say you don't feel it.
Once you learn to release emotions, you'll also be able
to clearly identify those subtle, underlying emotions .
2020-10-22 13:03:45
Um
Then, the
question is: What about the
wind ? 2020-10-22 13:04:18
Yes, by using the process more, you will
gradually gain a clearer understanding of your
own emotions. Try the process yourself first.

Grateful for everything 2020-10-22 13:08:09
Teacher Feng, I like to directly release my desires. It feels like
all my thoughts boil down to wanting validation and wanting control. Is it okay
to just release them like this?
Wind 2020-10-22 13:08:12
The feeling of releasing desire is profound.
If you are truly releasing your
desires, then of course you can be grateful for
everything. 2020-10-22 13:08:57
obvious
It feels like everything stems from a desire to control and gain acceptance.

Yitian 2020-10-22 13:09:12
@Wind ? Thank you for taking the time out of your seclusion to guide us.

Wind 2020-10-22 13:09:25
I need to clarify some things
I sense that someone is confusing this method, so I'm saying a few words.
Once I've explained things clearly enough, I'll
go into seclusion and prepare to head straight
for the end. At least I'll preserve those
explanations.
Those who have learned the release method under my guidance can use

the explanations and materials on the original release method to correct the confusion and misleading information in the group.

This allows newcomers to have a pure environment for learning the Release Method.

I hope that while I'm gone, those who have come to understand the Liberation Law will be able to use the original materials to correct those misconceptions. [Handshake][Handshake]

V 2020-10-22 13:14:07

How do you make the feeling leave? I tried exhaling before, but when I tried to make the feeling leave, I didn't know how.

风 2020-10-22 13:14:43

消融
感受清晰起来，浮现到意识表面，然后消融

Yitian 2020-10-22 13:15:43

Active release should begin with feeling the active grasping; without feeling the active grasping, there's no talk of actively letting go.

Wind 2020-10-22 13:16:34

This is an analysis

Regardless of whether the analysis is correct or not, it does not help with the release.

Many people who attend the Lester Levenson (The Sedona Method) Liberation Method course don't understand these concepts at all. They don't know what liberation, grasping, or letting go are.

But this process is designed to help you access your emotions and even your desires, to become aware of them, and then...

Then let it leave.

Yitian 2020-10-22 13:17:52

When I ask, "Can you let go?", I cannot answer the wind. 2020-10-22 13:18:16

Can you let it leave?

You can answer "I don't know," so why do you have to do it this way?

The course states the following:
So if you're unsure whether you're releasing, just keep at it. You might not be aware of each release, but as you practice this technique, it will become easier and easier until you're certain you're releasing. Also, releasing is done through a series of questions that may not seem particularly special at first. But as you continue , you'll see that these questions evoke a lot of feelings as I ask them and as you practice. These questions are designed to give you a releasing experience; they don't need to be understood at the beginning, and in fact, you won't. But as you're willing to practice using these questions consistently, you'll find it increasingly easy to use them for releasing.

Wind 2020-10-22 13:20:10

Do you understand? This is a

technique.
This process itself helps you connect
with your emotions, so there's no need
to add anything extra to it.
Questions do not need to be understood.
The question cannot be understood until you release it.

Huixuan 2020-10-22 13:21:10
@Wind , will you come to see
us again after you reach the finish line?
Wind 2020-10-22 13:21:26
If I am fortunate enough to reach the finish line, I will come back.
D 2020-10-22 13:22:05
What if I regress when I have free time? [Sad]

Wind 2020-10-22 13:22:26

Then continue to release
Don't try to understand things that are
impossible to understand before experiencing
them, such as questions.
Do not
analyze
the
meaning of
the
question .
It cannot be understood through analysis.
Word descriptions always deviate
from the original meaning of the
experience, so use as few and
concise concepts as possible to
guide yourself and avoid getting
caught up in endless semantic
complexity.

Huixuan 2020-10-22 13:31:01

@Wind ? You know what? Your explanations today sounded like a master giving a sermon. [Grinning face]

Wind 2020-10-22 13:31:15

But I'm not a master.
I want freedom, but I'm not free yet
[chuckle]. So just take my
explanations with a grain of salt;
the real focus should be on Lester's
teachings.
Let's review our discussion from last night on the six steps; I think those are the more crucial parts.

point

Six steps are the only key

Wood 2020-10-24 08:49:56

@Wind ? How's
your advancement? Wind
2020-10-24 08:53:38

I don't know how to put it, but in short, we're still a long way from freedom.

October 22, 2022 (New) : A question for those new to the release method.

Wind 2020-10-22 09:31:52

Bodily sensations are already a form
of "expression ." The first thing
that is repressed is the fear of
death.

Waterdrop 2020-10-22 09:32:20

Can I, as a beginner, directly release the desire to control and identify? Skip to releasing the nine emotions. (Wind, 2020-10-22 09:32:25)

Then it developed the desire to identify, and
the desire to identify developed into the
desire to control. The desire to identify and
the desire to control developed into nine
emotional states.
The nine emotional states develop
into many subtle feelings, and
these feelings develop into all
thoughts.
Your thoughts are projected
into your material world,
which includes your body.
are a projection of your "creation".

Wind 2020-10-22 09:34:21

When you release something, you release the emotions and desires that were the cause.

The desire for approval and control is the root cause of all emotions.

The desire to survive (the fear of death) is the reason for the desire for identification and control.

Only ~ 2020-10-22 09:35:12

Physical and mental illnesses can produce different physical sensations. Can both be released using release techniques? @风风2020-10-22 09:35:29

All feelings are part of the survival process . feelings are survival programs)

You are releasing an emotion (feeling) , not the physical body as a result.

Feeling

When you release your emotions, the physical sensations associated with your illnesses will also dissipate , but you don't need to intentionally release them.

Since your body is merely an exact copy of an astral body, of course it is possible.

Wind 2020-10-22 09:37:27

The course, which takes only two days, familiarizes newcomers with the emotion release chart, helping them identify their emotions.

Because many people, aside from physical sensations, cannot identify their current emotions, they need the assistance of forms.

Soon you will be able to transition to the stage of releasing desires.

The true purpose of the release method is to directly release the desire for recognition, control, and even the desire to survive (the fear of death), clearing away the underlying drivers.

I live for you, because I am you. (2020-10-22) 09:39:15

Greed—is it a desire to control or to endorse greed? (Lust , an emotional state) (2020-10-22 09:39:46)

It may be controlled or driven, or it may be directly driven by the desired identity.

OTHERNESS 2020-10-22 09:40:13

Is constantly wanting a diseased body an acceptance or a form of control? Or both? (Wind, 2020-10-22 09:40:21)

Both

Freedom 2020-10-22 09:40:27

@Teacher Feng, I've noticed that after releasing all that energy, I feel a sense of pleasure, which is accompanied by a feeling of pride. It's like I feel really good when I feel good [facepalm]. I'm in a very excited and jumping state. Should I continue to release that pride?

Wind 2020-10-22 09:40:43

Actually, you don't need to analyze what it is in your head.

In other words, if you feel unwell and this causes you anxiety, simply release that anxiety.

Okay?

Because the desire for recognition is actually a drive to control.

But when you release, you release what has surfaced, that is, what you are aware of.

Lester Levenson (The Sedona Method) :

Releasing the desire for recognition and control is also a shortcut, compared to releasing all the emotions beneath them.

Identification and control.
Once you stop wanting to identify with or control something, all the emotions underlying them leave. But until you release your fear of death , you still have the desire to identify with and control something.

The only reason you want everyone's approval is because it ensures your safety and survival. If we don't get their approval, you try to force it on them so you can be safe. That's control.

But when you release the desire for identification and control, all the feelings beneath it leave. What remains is simply the desire for identification and control; by releasing the fear of death, you release them all.

When you get there, you will find it very easy to let go of death.
The fear arises. You reach a point where it will push itself up and push itself out. You sit there, watching it completely, and it will expel itself on its own.

Then you'll laugh, and your mind will shut down. That's a really silly joke; it plays on your true self, thinking you're limited, but you never are.
the way
Yanfei 2020-10-22 09:43:49
@Wind Lately, I've been having a lot of feelings that aren't about wanting to agree or control, but rather a very strong urge to feel safe and secure.
Wind 2020-10-22 09:44:00
Then release what you want to be safe
The desire for safety/survival is the reason for all desires and feelings.

味道 2020-10-22 09:53:28
@风老师您好，我总是感觉被束缚，对别人要我做什么事很抵触，想要挣脱。这个该如何释放！
风 2020-10-22 09:53:28
此刻你能感受到这个抵触吗？
味道 2020-10-22 09:53:28
能
风 2020-10-22 09:53:28
它是想要控制还是想要认同？味道 2020-10-22 09:53:28
控制
嗯，允许自己觉察到它
风 2020-10-22 09:53:28
它离开了吗？
味道 2020-10-22 09:53:28
没有
好了一点风
2020-10-22 09:53:28

Want to
change the wind
2020-10-22 09:53:28
Is it possible to simply
notice this desire? To
simply perceive it gently?
Has it left?
(Posted 2020-10-22
09:53:47)
I realized
I had left
a bit.
Wind 2020-10-22 09:54:42
Can you sense the desire for
change in the remaining people? (Taste,
2020-10-22 09:55:00)
Still want to
change the wind 2020-10-22
09:55:12
Hmm, allow yourself
to perceive its taste. (2020-10-22
09:55:30)
kindness
Wind 2020-10-22 09:55:32
Has it left?
(Posted 2020-10-22
09:55:55)
is back
again. 2020-10-22
09:55:55
Has it become more relaxed and enjoyable?
Hmm, is it possible to
simply perceive it? (Taste 2020-10-22
09:56:19)
I feel a little
better, more
relaxed, but I
still have some
resistance in my
heart.
Feeling a
sense of dread

(2020-10-22 09:57:57)

Is it seeking control or validation? (Taste, 2020-10-22 09:58:13)

Want to control

Wind 2020-10-22 09:58:32

Can you detect it? (Taste, 2020-10-22 09:58:47)

able

Wind 2020-10-22 09:59:01

Has it left? (Posted 2020-10-22 09:59:15)

Afraid of not doing things well, Bingzi (2020-10-22 10:00:16)

@Fengfeng , how do I release my sense of body identity? I always want to go to Guankong (a Buddhist temple in Taiwan), please take me with you. (Posted 2020-10-22 10:00:32)

Things are a little better now.

Wind 2020-10-22 10:00:32

Release the control you want

I'd like to discuss a question with friends who are new to the release method.

Sometimes, once you start observing and focusing, the feeling disappears; you can't feel it anymore. This isn't a release.

This is a return to the habit of suppressing feelings and hiding them again.

The experience of release is feeling your emotions, accompanied by clear energy, leave your body from your chest and abdomen, while a feeling of greater ease and joy washes over you.

Use this to verify whether you have been released.

Generally, once you release it, you will clearly know that you have released it.

Xiao Congming 2020-10-22 10:03:37

Teacher Feng, if repressed feelings and beliefs are not released, won't they keep surfacing and creating similar events that make us sad and evoke similar feelings?

Wind 2020-10-22 10:04:26

The feeling of repression continues to drive our subconscious thoughts.

Wind 2020-10-22 10:04:35

mind is only creative

Every thought manifests, whether you look at it or not.

Subconscious thoughts are simply those thoughts we don't currently observe, which we program and allow to operate automatically in the background.

Therefore, repressed feelings are still your feelings, and they will still drive those thoughts you don't want to see to operate automatically in your subconscious.

Therefore, do not suppress your feelings; release them.

The release process (2022-10-22, new) requires no effort or concentration at any step.

Chloé• 2022-10-22 10:19:55

风老师引导我一次吧。。。。可以吗？风

2022-10-22 10:20:31

Chloé • 2022-10-22 10:22:33
Um
Wind 2022-10-22 10:22:44
Has it left?
Chloé 2022-10-22 10:22:51
Less wind
2022-10-22 10:23:05
Can you still feel the urge
to control? Chloé 2022-10-22 10:23:21
Much better, I don't
feel as eager to control the wind
anymore. 2022-10-22 10:23:46
Consider your current feelings. Do you want
control or validation? (Chloé) 2022-10-22 10:24:03
Much calmer now, less
inclined to control the wind.
(2022-10-22 10:25:32)
Do you feel more relaxed and
happy? Chloé 2022-10-22 10:25:47
Relieved
Wind 2022-10-22 10:26:04
Do you want to change how you feel right now?
Or do you want to maintain it? Chloé 2022-10-22 10:26:38
Want to
maintain Wind
2022-10-22 10:26:54
Can you sense this desire to
control? Chloé 2022-10-22 10:27:03
I noticed
Wind 2022-10-22
10:27:20
Has it left?
Chloé 2022-10-22 10:27:35
Left
Wind 2022-10-22 10:27:54
Do you feel more relaxed and
happy? Chloé 2022-10-22 10:28:06
Relieved
Wind 2022-10-22 10:28:22
Continue this process and let your feelings continue to move upwards.
up
Chloé 2022-10-22 10:28:55

Um

Sapling 2022-10-22 10:32:57

I often feel a splitting sensation in my chest during release, sometimes accompanied by an itchy back. (2022-10-22 10:34:46)

There will be many physical sensations

However, the experience of release has one thing in common.

That is, the feeling of blockage in the center of the senses (chest) is cleared, accompanied by a clear feeling of energy leaving, resulting in a more relaxed and pleasant feeling.

If you haven't experienced this, you can go back to the process of releasing emotions, pick up the emotion chart, and see what your current emotions are.

Then give yourself some time to simply experience the process of using three questions.

If you are familiar with the experience of releasing emotions, then using the process of releasing desires will be much faster and the release will be deeper.

A single act of releasing the desire for control and identification can release thousands upon thousands of emotions.

A carefree life 2022-10-22 10:45:41

@Wind , you have to feel every thought that comes to mind, right? And then ask three questions after you feel it, right? Wind 2022-10-22 10:46:34

Learn according to the course structure

I have currently translated the first and fifth lessons of the 1992 Release Method.

The first lesson teaches you how to release emotions.

You need to feel, not think.

Try to feel your sensations through your sensory center (chest and abdomen) when answering, and also answer intuitively.

Try to relax

Going through this process, there is no step that requires effort or concentration.

Wind 2022-10-22 10:50:01

This is normal. You rarely consciously engage with your emotions; this habit of repression needs to be eliminated through release.

Once you release, you can do it a second time.

If you keep doing it, you'll gain clearer and

clearer access to your emotions. Any addiction is driven by a feeling.

When you release your feelings, you will experience that freedom is not something you need to wait for results; it works immediately.

Once you release it, you will know immediately that you have released it.

When you can't feel it, this is what Lester calls "vague feeling"—a vague, indistinct sensation.

You notice the vague feeling, then realize you want to change it.

Release this desire to change, and the vague feeling becomes clear.

standlight 2022-10-22 10:57:32

@Wind , when you ask yourself those three questions, do you use "you" or "I"? Also, during my practice, why do I feel nothing when I ask myself those three questions, but when I ask myself "Can I allow myself to let it go?" it seems to have a greater effect? Is this personalized?

Wind 2022-10-22 10:57:55

You can ask yourself if you
can allow yourself to let
it go.
The English word is "could". You let it go
In this context, you don't
need to worry about "you" and "I".
(2022-10-22 10:59:34)
[Group chat history]
【
Wind: Can you feel what
you're feeling right now?
Miracle: Yes.
Wind: Does it want control or
acceptance? Miracle
control
】

Wind 2022-10-22 11:00:17
I used the same process for releasing the
three major desires from the 1992 Liberation
Method without making any changes.
So it's the
same . (2020-10-22
11:05:22)
What does it mean to feel your sensations through your sensory
centers (chest and abdomen)? @风风2020-10-22 11:05:50
Where do you feel?
(Yitian, 2020-10-22 11:05:58)
Is it just about noticing
the "blockage" in the
chest and abdomen? Doesn't
that become a physical
sensation?
Wind 2020-10-22 11:06:30
You are aware of your emotions
the inner feelings
from the chest.
Once you get used to it, you won't need to specifically emphasize where
to start perceiving it.

2020-10-22 (New) How can I release the pent-up emotions

that I feel so suppressed?

Yitian 2020-10-22 11:15:15

When I was learning a Chinese meditation technique, my teacher told me to use the Tanzhong acupoint for introspection. However, I couldn't seem to grasp this point, so I didn't learn it.

Wind 2020-10-22 11:15:29

However, an important thing you need to remember is that this course is experiential. If someone gives you a book telling you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential activity. Just like when you ride a bicycle: you learn how to ride , then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just driving.

That's all. The same thing happens when you use this technique. The more you do it, the more you grasp the essentials, and the more natural the release becomes. You're just getting on the bike and keeping going. So what's going to happen is that even if you have to think about it a bit and manipulate yourself a little at first, as you keep doing it, you'll find it becomes...

It's getting easier and easier.

Wind 2020-10-22 11:16:00

The metaphor of riding a bicycle is also Lester Levenson (The Sedona Method) 's use of the word "bicycle". The release method course described in the book does not allow any preconceived theories to contaminate you.
We'll guide you through the process directly, allowing you to experience the release.
It's okay to make mistakes. After a few mistakes, you'll know what's right. But if you don't go through the process yourself and experience it, you'll never truly learn.

Liu (2020-10-22) 11:17:09

How can I release the pent-up emotions that are causing me so much repression?

风 2020-10-22 11:18:10
你能够注意到现在的感受吗？
柳某人 2020-10-22 11:18:19
没啥感受
风 2020-10-22 11:19:55
模糊不清的感受？
自在人生 2020-10-22 11:19:57
平时念头多
柳某人 2020-10-22 11:19:58
算是吧
风 2020-10-22 11:20:06
你想要改变这个模糊不清的感受吗？
倚天 2020-10-22 11:20:18
老师只能告诉你“用心不用脑”，甚至直接说“用胸腹部”，但到底怎么用心用胸腹部去感受，还得自己去体会
柳某人 2020-10-22 11:20:24
想改变
风 2020-10-22 11:20:29
能觉察到这个想要改变吗？
柳某人 2020-10-22 11:21:41
不能
风 2020-10-22 11:21:46
你想要觉察到吗？
柳某人 2020-10-22 11:21:49
想
风 2020-10-22 11:22:10
能够觉察到这个想要吗？

Liu (2020-10-22) 11:22:40
able
Wind 2020-10-22 11:22:45
Has it left?
(Liu Mouren, 2020-10-22)
11:22:50
wind has
passed 2020-10-22
11:23:10
Has the vague feeling become
clearer? (Liu Mouren, 2020-10-22
11:23:16)
has
cleared somewhat.
(2020-10-22 11:23:26)
Hmm, is it trying to control
or to gain approval? (Liu Mouren,
2020-10-22 11:24:04)
control
Wind 2020-10-22 11:24:09
Can you
detect it? (Liu,
2020-10-22) 11:25:16
cannot
Wind 2020-10-22 11:25:24
Want to
notice? (Liu Mouren,
2020-10-22 11:25:40)
think
Wind 2020-10-22 11:25:49
Has it left?
(Liu Mouren, 2020-10-22)
11:26:00
Gone
Wind 2020-10-22 11:26:06
No, it was only mentioned briefly in the
course, because it wasn't the main point. (2020-10-22
11:26:15)
This really
isn't the point .
(2020-10-22 11:26:26)
Because if you try too hard to find that

feeling, you're trying to control it. If you want to control, you won't get control.

Wind 2020-10-22 11:26:50

It's that simple. Has the feeling become clearer? (Liu Mouren, 2020-10-22 11:27:06)

Um

Wind 2020-10-22 11:28:50

So, it's very simple: when you're feeling extremely repressed, just feel this vague feeling and release your desire to change it. When the desire for change is released, you can feel your current feelings more clearly. (Liu Mouren, 2020-10-22 11:28:53)

Then repeat it, right? (Feng 2020-10-22 11:28:59)

Um

This really doesn't require effort to understand . (2020-10-22 11:29:10)

Thanks

Wind 2020-10-22 11:29:21

If it's unclear, then feel the unclearness and notice that you want to change it. Release the unclearness, and it will automatically become clear.

Liu (2020-10-22) 11:29:42

Looks like I need to practice more . (2020-10-22 11:30:16)

Don't try to use extra techniques outside of the process to handle problems encountered within the process. (2020-10-22 11:30:19)

The release process itself can handle all situations. (Liu Moumou, 2020-10-22 11:30:30)

Um

Wind 2020-10-22 11:30:34

This includes "not feeling emotions," "vague," "stuck," and "confused." (2020-10-22 11:31:00)

These issues can all be resolved after the release process is completed . (2020-10-22 11:31:09)

No prior practice is required; the practice process itself is sufficient.

Liu (2020-10-22) 11:32:18

Are there fixed questions for when you can't sense emotions? Are there

procedural questions?

Wind 2020-10-22 11:32:36

have

Feel this vague feeling

Then ask yourself, "Do I want to change this feeling?" (Liu Mouren, 2020-10-22 11:34:39)

Want to change? (Wind, 2020-10-22 11:34:40)

Um

Liu (2020-10-22) 11:34:50

Understood, thank you.

2020-10-22 (New) Physical sensations are merely an expression; emotions are the cause.

standlight 2020-10-22 20:20:15

@Wind, in my recent releases, I've noticed a warm sensation in my chest and abdomen. Is this the energy you're referring to? Wind 2020-10-22 20:20:53

Energy is emotional energy

standlight 2020-10-22 20:21:10

Should we let them leave naturally? (Wind, 2020-10-22 20:22:16)

no

You don't need to focus on your body's temperature; focus on your emotions.

Release your emotions

standlight 2020-10-22 20:23:41

Don't worry about your body's reactions, just let it be, right? (Happy Cat, 2020-10-22 20:23:53)

For example, how long does it take to completely release a desire after an event? Is it half an hour to an hour, or just a few minutes? I want to check and judge whether my release was correct.

Wind 2020-10-22 20:24:40

Um

The time required for an event to be completely released is not mandatory.

It depends on how much you suppress the desire to control, identify with, and live within it. (Happy Cat, 2020-10-22 20:25:16)

Is it a one-time release or can it be released repeatedly ? (2020-10-22 20:25:16)

Ideally, it would be a one-time happy cat. (2020-10-22 20:25:28)

For example, is it normal for wind to be released over several days? (2020-10-22 20:26:19)

Um

Wuxin 2020-10-22 20:26:50

What are the standards for clean release ? (2020-10-22 20:27:00)

Love for something , no matter what.

Lin c 2020-10-22 20:28:22

And then you just feel relaxed and happy? (Wind, 2020-10-22 20:28:34)

After feeling relaxed and happy, continue to release the desire to identify with and control the happy cat. (2020-10-22 20:28:15)

I often feel relaxed but lack joy. Does this mean I haven't fully released my emotions, and I need to continue releasing them? (Wind, 2020-10-22 20:29:03)

continue

Lin c 2020-10-22 20:30:17

If you feel relaxed but not joyful, does that mean you haven't fully released your emotions? (2020-10-22 20:30:25)

Um

Because your natural disposition is to be joyful.

It's easy to understand that if
there's no pleasure, then
there's something covering it
up.

Dream come true 2020-10-22 20:31:33

@Wind What's the difference between physical sensations and emotions?

Wind 2020-10-22 20:32:39

Bodily
sensations are
merely
expressions of
emotions; the
real cause is...
Emotions are feelings you experience such as anger, sadness, indifference, fear, etc.

October 23, 2020: The wind guided group members to release [their emotions/feelings].

Xiao Congming 2020-10-23 10:06:57

Teacher Feng, no matter what I release, the sensation is very weak, even the feeling of being stuck is very weak. (2020-10-23 10:07:23)

The feeling is faint
because you want to
control it and want it
to be more pronounced.
This desire to control leads you to
suppress your feelings. You should
become aware of this subtle feeling
that you want to change. When you
release this desire to change...

Chloé 2020-10-23 10:08:29

@Feng How to resolve the predicament of having a job you dislike but a job you like that doesn't pay well? Feng 2020-10-23 10:08:36

The faint sensation will soon become obvious.

云飘过的声音 2020-10-23 10:09:07

有一点
能
胸口紧

风 2020-10-23 10:09:48

我会因此调整问句

云飘过的声音 2020-10-23 10:09:52

How are you feeling
right now? (Sound of Clouds
Passing By, 2020-10-23 10:12:21)
Than
k
you
for
bein
g
nerv
ous.
Wind 2020-10-23 10:12:51
Feeling anxious?
The sound of clouds drifting by 2020-10-23 10:13:07
Yes, I'm
afraid of the wind.
(2020-10-23 10:13:12)
Can you simply allow yourself to
feel this anxiety? (Clouds Passing By,
2020-10-23 10:13:27)
Fear
of
death
is
possib
le
Wind 2020-10-23 10:13:48
Just trying to feel
the sound of clouds drifting by.
(2020-10-23 10:14:09)
Tight breasts
Wind 2020-10-23 10:14:43
Relax
Don't pay attention
to your body's sensations, just
listen to the sound of clouds
passing by. (2020-10-23)
10:14:57
Some things
are missing . (2020-10-23
10:15:07)
Can you feel this

anxiety? (Sound of Clouds Passing By,
2020-10-23 10:15:44)
The wind
can't be found
2020-10-23 10:16:11
Relax your body. How do you
feel right now? (Sound of Clouds Passing
By, 2020-10-23 10:16:11)
Should I try my
best to find it? (Wind,
2020-10-23 10:16:19)
Need not
The sound of clouds drifting by 2020-10-23 10:16:40
has calmed
down somewhat.
(2020-10-23 10:17:02)
Is it just a feeling
of calm now? (Sound of clouds
drifting by, 2020-10-23 10:17:07)
The initial
sensation of wind lessened.
(2020-10-23 10:17:26)
Hmm, am I feeling calm
right now? (Sound of Clouds Passing
By, 2020-10-23 10:17:49)
It wasn't just calm; there
was also a hint of tension .
(2020-10-23 10:18:04)

Hmm, can you just notice these tensions? You don't need to dig into them, you don't need to try to see them, just gently notice them.

The sound of clouds drifting by 2020-10-23 10:18:25

Yes,
it
is
poss
ible

Wind 2020-10-23 10:18:46

Um, can you allow it to leave? It's just a matter of yes or no.

The sound of clouds drifting by 2020-10-23 10:19:06

able

Wind 2020-10-23 10:19:17

Are you willing to let it go? (Sound of clouds drifting by , 2020-10-23) 10:19:38

Unwilling

Wind 2020-10-23 10:19:51

When are you going to let it go? (Sound of Clouds Passing By, 2020-10-23 10:19:56)

This was my first reaction . (2020-10-23 10:20:14)

Okay, it's okay, don't worry about your answer. (Clouds Passing By, 2020-10-23 10:20:43)

I hope I can let him go now. (2020-10-23 10:21:09)

Okay, try to relax your body as much as possible. (Sound of clouds passing by 2020-10-23 10:21:20)

OK

Wind 2020-10-23 10:21:34

Now look at how you feel. Can you still feel nervous? (Cloud's Voice, 2020-10-23 10:22:03)

The wind has eased a bit 2020-10-23 10:22:31

Could we simply notice that lingering tension? (Sound of Clouds Passing By, 2020-10-23 10:22:42)

It's getting lighter and lighter .

Wind 2020-10-23 10:22:58

Hmm, do you feel a sense of release? (Sound of Clouds Passing By, 2020-10-23 10:23:40)

It's much calmer than at the beginning, I feel something.

Wind 2020-10-23 10:24:03

Now let's go a little deeper.

The sound of clouds drifting by 2020-10-23 10:24:12
OK
Wind 2020-10-23 10:24:22
Try to relax your body, just let yourself be aware of your current feelings. (2020-10-23 10:24:39)
what is it?
Are you still feeling nervous?
Or some other feeling? The sound of clouds drifting by (October 23, 2020) 10:24:53
Fear
Wind 2020-10-23 10:25:16
Is it possible to merely perceive this fear subtly? (Sound of Clouds Passing By, 2020-10-23 10:25:30)
able
Wind 2020-10-23 10:25:57
Does it evoke a desire to control or to conform? (Cloud's Voice, 2020-10-23 10:26:11)
control
Want to improve the wind 2020-10-23 10:26:30
Can you simply allow yourself to subtly become aware of this desire to control? (Sound of Clouds Passing By, 2020-10-23 10:26:48)
able
Wind 2020-10-23 10:26:50
I just barely noticed , um, it's gone?
The sound of clouds drifting by 2020-10-23 10:27:18
Left
How do you feel now? Have you become more relaxed and happy? (Sound of Clouds Passing By, 2020-10-23 10:27:45)
some
Wind 2020-10-23 10:28:09

Allow yourself to notice how you feel right now. (Sound of passing clouds, 2020-10-23 10:28:14)

I feel much more relaxed,

happy, and confident now.

I'm quite pleased.

My body doesn't feel so uncomfortable anymore . (2020-10-23 10:29:09)

This feeling of happiness evoked in you a desire to control or a desire to validate it? (Cloud's Voice, 2020-10-23 10:29:23)

control

Want more wind 2020-10-23 10:29:40

嗯，能够只是允许自己更加觉察到这个想要控制吗？
只是轻轻地觉察到它
云飘过的声音 2020-10-23 10:29:58
能

Xiao Congming 2020-10-23 10:34:15
Teacher Feng, could you please guide me? I want to let go of my obsession with the past and understand the facts and other people's perspectives. @Feng

Wind 2020-10-23 10:34:32
Have you ever experienced releasing your emotions? (Xiao Congming, 2020-10-23 10:34:58)
I've experienced it, but at most it's just calm; after a while, the painful feeling comes back. (2020-10-23 10:35:27)
Okay, let go of your previous experiences . (2020-10-23 10:35:33)
Keep open
The possibility of embracing a completely new experience (Xiao Congming, 2020-10-23 10:36:02)
Good
Teacher Style
2020-10-23 10:36:35
Try to relax your body. Can you feel how you feel right now? (Xiao Congming, 2020-10-23 10:37:19)
I feel a little down, but I don't want to feel the wind. (2020-10-23 10:37:40)
Um
Can you simply notice the most superficial feeling? You don't need to force yourself to feel it.

Xiao Congming 2020-10-23 10:38:18

I want to cry

Wind 2020-10-23 10:38:45

What is the feeling

of gently noticing

it?

Xiao Congming 2020-10-23 10:40:04

The feeling of

pain that can't be vented .

(2020-10-23 10:40:43)

Can you just subtly

perceive it? (Xiao Congming, 2020-10-23

10:41:29)

It's unlikely; once I went there, I realized it had gone deeper into the area.

Wind 2020-10-23 10:41:58

Relax your body

What do you feel when you

relax? Even subtle sensations

are fine.

Xiao Congming 2020-10-23 10:42:59

I feel like crying .

(2020-10-23 10:43:17)

If you only allow

yourself to notice

it, can you let it

go?

Xiao Congming 2020-10-23 10:44:16

cannot

Wind 2020-10-23 10:44:33

Would you let it

go? (Xiao Congming, 2020-10-23

10:45:28)

I do

Wind 2020-10-23 10:45:38

When are you planning to

let it go? (Xiao Congming, 2020-10-23

10:46:12)

Now

Teacher, I don't know why, but I feel a

little reluctant to part with it. (2020-10-23

10:46:45)

It doesn't matter

Wind 2020-10-23 10:47:24

Relax, gently focus your attention inward. How do you

feel right now? (Xiao Congming, 2020-10-23 10:47:50)

Calmer

than before 2020-10-23

10:48:11

Can you allow yourself to

simply notice that feeling

and then let it go?

Xiao Congming 2020-10-23 10:48:40

able

Wind 2020-10-23 10:48:49

Are you willing to let it go? (Xiao Congming, 2020-10-23 10:48:59)

willing

Wind 2020-10-23 10:49:06

when?

Xiao Congming 2020-10-23 10:49:20

Right now

Wind 2020-10-23 10:49:32

Did you feel it being released? (Xiao Congming, 2020-10-23 10:50:10)

No

Wind 2020-10-23 10:50:37

It's okay, relax. How are you feeling right now? (Xiao Congming, 2020-10-23 10:50:56)

calm

Wind 2020-10-23 10:51:20

Can you allow yourself to notice this seemingly peaceful feeling? (Xiao Congming, 2020-10-23 10:51:35)

able

Wind 2020-10-23 10:51:43

Can you let it go? (Xiao Congming, 2020-10-23 10:52:24)

able

Wind 2020-10-23 10:52:37

Are you willing to let it go? (Xiao Congming, 2020-10-23 10:53:05)

willing

Wind 2020-10-23 10:53:18

when?

Xiao Congming 2020-10-23 10:53:41

Now

Wind 2020-10-23 10:53:58

What were your experiences? Did you feel it leaving? (Xiao Congming, 2020-10-23 10:54:15)

I still didn't feel any wind. 2020-10-23

10:54:22

It doesn't matter

Stay relaxed, simply allow yourself to be aware of how you feel right now. Is it still that calm?

Xiao Congming 2020-10-23 10:54:54

still

Wind 2020-10-23 10:55:14

Yes, allow yourself to simply feel the wind. (2020-10-23 10:55:27)

Can you let it go? (Xiao Congming, 2020-10-23 10:55:42)

able

Wind 2020-10-23 10:55:52

Are you willing to let it go? (Xiao Congming, 2020-10-23 10:56:08)

willing

Wind 2020-10-23 10:56:13

when?

Xiao Congming 2020-10-23 10:56:26

Now

Wind 2020-10-23 10:56:35

Now look at how you feel. You're just allowing yourself to appreciate its cleverness. (2020-10-23 10:56:58)

I feel a little more relaxed than before, but there's a very faint breeze. (2020-10-23 10:57:02)

Can you let it go? (Xiao Congming, 2020-10-23 10:57:38)

able

Wind 2020-10-23 10:57:44

Are you willing to let it go? (Xiao Congming, 2020-10-23 10:57:56)

willing

Wind 2020-10-23 10:58:04

when?

Xiao Congming 2020-10-23 10:58:12

Now

Wind 2020-10-23 10:58:28

Now look at how you feel. What is it? (Xiao Congming, 2020-10-23 10:59:23)

The feeling is still one of calm. (2020-10-23 11:00:05)

Okay, keep going through the same process. Be patient and keep doing it, and you'll feel the effects more and more clearly.

Xiao Congming 2020-10-23 11:00:19

好的

风 2020-10-23 11:00:28

但是千万不要用力去做

风 2020-10-23 11:00:40

抗拒和烦躁，当然可以释放

小聪明 2020-10-23 11:00:50

@风?好的风老师，谢谢老师

Xiao Congming 2020-10-23 11:05:52

@Wind? Thank you, Teacher Wind. Although I haven't achieved joy yet, I just had a good cry and feel much calmer. While the effects weren't as dramatic as some other people who received guidance, I'm willing to let go gradually.

Wind 2020-10-23 11:10:00

Try your best to learn the release techniques
and guidance skills, and help each other. I'm
finding it increasingly difficult to humble
myself and guide others.

It takes a lot of effort each time.

It takes a lot of effort to see others as separate from oneself.

Yes, if you haven't experienced release before,
it's okay to slowly guide yourself through the
process. Just follow the steps.

The power of this process is enormous.

It's not your guidance that's working, it's the release process that's working.

However, before you can guide someone, you must first
release your desire to control and identify with that
person; only then will your guidance be effective.

Wind 2020-10-23 11:43:24

Love is unity
The process of
continuous release
remains the same; the
feelings of the moment
will keep emerging.
If you let one go, another
will come, and so on and so
forth.

Yuanyuan 2020-10-23 11:46:06

@Wind So that means you don't need to dwell on the past. Just

let whatever comes to mind in the present moment, right? Wind 2020-10-23 11:48:19

Yes

Wind 2020-10-23 11:51:51

When everyone is helping and guiding each other, remember three things: First, you must learn and experience the release yourself. Second, it's best to release any desire to control or identify with the other person before guiding them. Third, maintain authenticity and don't change the original process. By following these three steps, you can help others learn and become a qualified teacher of the Release Method.

October 23, 2020: Don't try to release it, just simply feel it.

I am Infinite 2020-10-23 14:10:09

I've discovered that feeling and releasing are instinctive; I can't control the feeling and the release themselves, I can only utilize them. If I try to control the feeling and the release, or try to release it, then the mind is involved.

Wind 2020-10-23 14:11:35

The release process is a technique that awakens the instinct to release; you can control your feelings and release.

Lester did use the phrase "control your mind," but "effort" implies "the desire to control."

The desire for control equals a lack of control.

Therefore, the moment you get stuck when you try to control something, it's because of the "desire to control" at work.

If you don't release the program that's running you, it will keep getting stuck.

When you release the program that wants to control you, you will feel a sense of flow because your feelings drive the program, and everything that happens afterward will be under your control.

I am Infinite 2020-10-23 14:16:18

right

Wind 2020-10-23 14:16:40

Therefore, it is not impossible to control and release feelings.

Instead, it requires a specific process and techniques to control it, rather than relying on your past habits.

Control is achieved by releasing the desire for control; recognition is achieved by releasing the desire for recognition; and security is achieved by releasing the desire for security.

Obtain security

Control, acceptance, and security are not necessarily bad things.

But "wanting" will keep you driven by a sense of lack.

I am Infinite 2020-10-23 14:19:14

Yes, what I mean is don't try to release things through control; that's suppression. For example, forcing yourself to feel something you can't feel, or forcing yourself to release something you can't release, is trying to

control, not truly releasing. Any effort to feel or release is an attempt to control, which will only lead to getting stuck, unable to feel or release.

Wind 2020-10-23 14:20:20

Yes, if you try to control it, it will get stuck.

Actually, I have a personal perspective on this. (2020-10-23 14:21:22)

Any insights gained from personal experience can be verified using a six-step process; if they conform to this process, they are considered correct.

I am Infinite 2020-10-23 14:22:16

To release it using methods you want to control, you would insert a tube and dive, because releasing it is not a simple or easy process, which is why you need to...

Make these efforts

Wind 2020-10-23 14:23:38

Note step three.

Immediately become aware of whether your current feelings stem from a desire to control or a desire to identify with and release them.

When you feel the urge to control, release that urge instead of letting it linger and operate within you.

I am Infinite 2020-10-23 14:24:31

Therefore, the entire Book of Abundance is about releasing through a desire for control, resulting in increasing repression. The Sandona Faith also involves various forms of control.

Wind 2020-10-23 14:25:12

If you try too hard to become aware and dig deeper, you're doing it with a desire to control. You should become aware of this desire to control and release it. It's not a matter of using your brain.

How you direct it
What direction is it?
Lester's description of "using mind to eliminate mind" is crucial in terms of the direction it leads.

[Heart] Happy Cat [Heart] 2020-10-23 14:28:12

Can it be understood as the mind providing a direction, and then witnessing the "infinite" complete it? (Wind, 2020-10-23 14:28:20)

no
It must comply with the release process and meet the six-step requirements.

I am Infinite 2020-10-23 14:28:51

Yesterday I went into seclusion to release tension but found I couldn't release anything at all. I realized I was deeply suppressing it, and even the methods I used were ineffective. It wasn't until today that I realized I was trying too hard to control myself. I've been using my mind to control how I feel and how I release things. If I can't feel or release something, I try and force myself to release it. I've been doing this all along.

Wind 2020-10-23 14:28:51

It's not about "abandoning your mind" or "not having control," but rather "doing what you want by freeing up the process."
Lester's statement, "It's not that you shouldn't want this or that," didn't condemn those who "want" anything.
Instead, it's about "getting everything you want through release." Therefore, it's about the release process.
Conforms to the six-step wind

pattern 2020-10-23
14:30:20

Keep it simple
Don't add anything
else; the process is
fixed.
It's about letting the feeling surface, seeing whether
it's a desire to control or to conform, and then
letting it leave you and forgetting the fifth step.

I am Infinite 2020-10-23 14:31:53

When releasing energy through the process, be careful not to try to release it forcefully. Just simply feel it and release it naturally. You don't need to make an effort; just follow the process, and you will automatically feel and release it. (Wind, 2020-10-23 14:32:07)

When you get stuck, you must first
release the control you want to exert.
If this does not conform to the six
steps, you cannot release it.

I am Infinite 2020-10-23 14:33:23

@Wind, I kept using step five back then, but I still couldn't find the key. Because when I tried to release the stuck control, I was also trying too hard to release it with my mind. All my attempts to release it were just straining.

Wind 2020-10-23 14:33:57

You can't do it
because you haven't
tried. If you just
try, you can do it.
Keep these six steps with you.

I am Infinite 2020-10-23 14:36:09

When I realized that I had been trying to fight against my feelings and desires, deeply trying to control them, trying to control every process and outcome, and desperately trying when I couldn't, I discovered that my mind was deeply involved. I was constantly trying to control every step, and this control kept my feelings suppressed deep inside, causing the process of release to be a constant struggle and tug-of-war. Only after I discovered this did I finally understand how to release them.

Wind 2020-10-23 14:36:15

Lester used the desire for safety, the desire to survive, and the fear of death to describe the same thing.

I am Infinite 2020-10-23 14:37:04

Continuing to release means continuously and easily releasing, not continuously and diligently releasing the wind. (2020-10-23 14:37:37)

Now, because the motivation from that first step was so strong, I'm spontaneously entering a state of release, being propelled into release.

Therefore, it is difficult to reach a state where one can guide others.

Because once this release continues, the mind becomes very quiet, making it impossible to perceive others as separate from oneself. (Wind, 2020-10-23 14:38:39)

This way you can't see the other person as having a problem. (I'm Infinite 2020-10-23 14:39:02)

If the fifth step involves releasing the control one is trying to gain from being stuck, and this release still involves mental effort, then this step...

It's not.

Yes, it's useful. The key is to learn the process, and how to easily

and simply let the process guide you automatically.

A Free and Easy Rose - Liu Guimei 2020-10-23 14:39:02

Within, it becomes a process of self-release, already in progress, so why continue to strive? Outside, there's a distance, and that needs to be bridged, right?

It wasn't about causing trouble; the guidance was quite insightful. It's just that things have been stuck lately. (2020-10-23 14:40:13)

Re-establishing a sense of separation from oneself and viewing others as separate entities requires significant effort. (I am Infinite, 2020-10-23 14:40:28)

I've discovered that the release is always automatic; it follows the process automatically from the start, without any conscious effort.

Controlled Wind 2020-10-23 14:41:00

If I don't do this, I feel like I'll keep going upwards. (I am Infinite 2020-10-23 14:41:03)

It can be called instinct.

Feeling your instincts and releasing your instincts

As you ascend, duality disappears.

Mainland China 2020-10-23 14:42:00

@Wind I feel like I really want freedom, but once I start to feel more, I retreat. I'm a little afraid of the feeling of greater freedom, so I stop releasing it. When I start to actively push myself to release it, I feel tired. How can I solve this?

Wind 2020-10-23 14:42:00

The only reason you feel tired is because you want to control something; there's something you want to control that's happening.

I am Infinite 2020-10-23 14:43:22

So, follow the process and simply feel it. Don't think about it; just feel it. Release it by following the process . When you ask yourself, "Has it left?" Don't try to control whether it has left or not. If it has left, it has left. Trying to control it if it hasn't left won't help; it will only suppress it. So, the next step in the process is to release the control you're trying to exert over what you haven't released.

Dalu Zheng 2020-10-23 14:43:24

Yes, you can unconsciously fall into that habit. (2020-10-23 14:43:24)

Maintain
ing a
pure
applicat
ion
process
keepit simple, sweet This
is the "kiss principle"
that Lester mentioned.
Lester said it was very
simple.
But what people have been doing all along is making it extremely complicated.
We can use many language systems to
discuss the same thing; we may transform
many modes of expression.
But what is
necessary when
it's not?
Learn the release process and six steps

This is all the tools and map you need on your path to freedom. (Little Sun~ 2020-10-23 14:55:45)

Teacher Feng, how long has this continuous release been going on? (Feng, 2020-10-23

14:56:33)

Just a few weeks

The releases in previous years were intermittent.

But you only need to follow these six steps for a week to reverse strong past habits, and the release will be like a car speeding downhill.

Forward

The key point is to follow the process and complete

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I am Infinite 2020-10-23 15:01:00

I used to subconsciously act according to past habits, but now I realize that those habits were just trying to control the wind. (2020-10-23 15:01:30)

The release process is not
in line with human habits,
so it is important to
consciously use a process
from the beginning.
The process will guide you until you reach a certain point.
More and more people in the group have mastered the method, so I guess I can go into seclusion now . (2020-10-23 15:02:00)

Throw away the Book of Abundance
and Saint Donafa, really. It was
wrong from the start.

Wind 2020-10-23 15:07:00

The map Lester Levenson (
The Sedona Method) drew
was clear; all you had to
do was keep going.
In this era, only a minority
can enjoy freedom, so any
form of assistance should
not involve coercive methods
of dissemination.
For those who haven't experienced release, start by releasing the feeling of release, and then try to release the desire for control and identification—this aligns with the course structure.
Today I guided that group member
Because she has never experienced releasing her emotions.
So I started with three
questions to help her release
her emotions, and then gradually
guided her to take it a step
further.
Even those who haven't experienced releasing emotions before will learn and understand quickly by following the course sequence. (2020-10-23 15:16:57)

I once read an article about Lester explaining why the Liberation Method became a paid service. Lester said that when he didn't charge, nobody took Liberation seriously. Later, when he started charging, many people began to do it diligently, and the results were much better. That's why he started charging for Liberation.

Wind 2020-10-23 15:17:17

This is what Lester said
in an audio recording
about how he used to teach
for free.
Charging a fee is necessary because in a highly capitalist society, people only value what they have paid for, but that shouldn't be an excuse for others to charge fees.
Lester points out that the only reason you'll be pulled back by the world and fail to succeed if you don't really want freedom is because you don't want it that much.

Therefore, even if the method exists, I still don't believe most people can be truly free, but at least the tools should be provided to them.
Help those in need
However, during the release process, I experienced a strong gust of wind; any charge would compromise the presentation of this original method.
Therefore, I hope that when you share this method, you will not charge a single penny for it.

Wind 2020-10-23 15:26:33

To gain control, you can apply it to people, things, or emotions. Most importantly, you must first achieve it yourself before you can teach others.
If you cannot achieve abundance yourself, and cannot obtain everything you desire through giving, then you cannot teach others to do so.

people

You will inevitably modify or add some limiting concepts to it.
If you can't run an institution simply by releasing emotions, but by charging fees, you can't maintain the purity of your experience of releasing emotions.

Aoku 2020-10-23 15:29:26

Experienced
Sometimes after releasing, I
feel very relaxed and comfortable .
(2020-10-23 15:29:34)
So, releasing
desires is like this (2020-10-23
15:29:51)
When you become aware of your emotions, you
recognize them and try to control or
acknowledge them, then let them go.
Vera 2020-10-23 15:31:14
How can this feeling of
abundance be achieved?
Follow these six steps to
continuously release it.
Aoku 2020-10-23 15:32:13
Sometimes I can't figure out if I want to control
the person or the emotion. (2020-10-23 15:32:30)
This is what
they want to control Aoku
2020-10-23 15:32:48
Or when I'm trying to release that feeling, I don't know how to ask, because
I feel a tightness in my emotions or body.
I feel like I've always been here.
Wind 2020-10-23 15:33:02
Wanting to figure out to figure (out) also
wanted to control Aoku 2020-10-23 15:33:45
I always thought you were a man [facepalm] @Wind

Wind 2020-10-23 15:34:12
I am a man
just want it more
My profile picture is of my
girlfriend who passed away from a
heart attack a few years ago; I've
always used her as my profile
picture.
Lester said the first step is simple:
just want more. I'm a 95er .
Having graduated
from university
for just over a

year, I no
longer care
who's free.
Whether the method
allows me to choose my
gender is not important
to me.
I saw that astral bodies
are genderless, infinite
beings, and have no gender
whatsoever.

Wind 2020-10-23 17:46:40

It only needs to meet the six steps; it is free to do not need any steps outside of the six steps.

Wind 2020-10-23 17:47:33

The third step is to recognize that all your feelings stem from a desire for control and identification, and then release them. (2020-10-23 17:48:46)

The thing on top

The sixth step
means that each
release will
bring greater
ease and
pleasure. Note
that it is the
pleasure that
comes from
release.
Pleasure not derived through other restrictive means
Why emphasize only following six steps? Because the mind adds many unnecessary steps based on different limiting beliefs.

The six steps form a straight path.
If you follow the knowledge in your mind, you are very likely to veer off in another direction along the way.

Wind 2020-10-23 17:53:00

To ensure that the Liberation Law helps everyone, let us all work together to keep it pure.

October 23, 2020: The fear of death is the root of two great desires, all emotions, and thoughts.

A Free Spirit (wxid_dvcb3ye8r59e22) 2020-10-23 17:53:30

@Teacher Feng has been talking about the three major desires, so why isn't the desire for safety mentioned in the six steps?

What about releasing them?

Wind 2020-10-23 17:53:52

Refer to the way
Lester Levenson (The Sedona Method) 's original text
Mr. Lester said that as long as you continue to release the desire for identification and control, the fear of death (the desire for safety/survival) will automatically surface and be released for you.

Minnie 2020-10-23 17:55:01

put thy Way looked at it again and found
that all the questions he wanted to ask were answered

there. (2020-10-23 17:55:08)

Lester: What was it last time? Okay , the first thing we repressed was the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe , and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I am safe and alive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release.

Free Heart 2020-10-23 17:55:42

I understand, thank you for your guidance, teacher.

(2020-10-23 17:55:46)

Lester: Releasing the desire for identification and control is also a shortcut, compared to releasing all the emotions beneath them. When you no longer want identification and control, all the emotions beneath them leave. But until you release...

Before the fear of death, you still have the desire for recognition and control. The only reason you want everyone's recognition is because it gives you safety and survival. If we don't get recognition, you want to force them to, and that way you'll be safe. That's control. But when you release the desire for recognition and control, all the feelings beneath it leave. What's left is simply the desire for recognition and control, which you release by releasing the fear of death. When you get there, it becomes very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it will expel itself. Then you'll laugh, and your mind will shut down . It's a silly joke that plays with your true self, thinking you're limited, but you never are.

Wind 2020-10-23 18:06:25

Don't call him Master

Masters are not needed here.
Together, we will present the original release process in its purest form to everyone, or perhaps everyone is a master, an infinite being.

Vanilla Ice Cream 2020-10-23 18:11:20

The power outage from last night is still ongoing; it's been restored three times, but all attempts failed. Through this process of letting go, I've seen how many plans and arrangements I have , and how vast my "control" is . I've released them , and now I feel very relaxed. I've further realized how blissful and simple letting go is. Like Lester's example, opening your hand causes the pen you're holding to fall naturally — letting go is that simple! Now I can no longer find ...

There's no reason not to release it anymore; I even feel like I'm releasing it automatically. (Xian Xiaorong, 2020-10-23 18:18:17)

Sometimes this desire is hard to understand .

(2020-10-23 18:18:19)

Which one do you feel?
This cannot be analyzed by others.
The desire to survive stems from the

desire for acceptance, and the desire
for acceptance stems from the desire
for control.
In terms of analysis, all three are present.
But at this moment, whichever one
you are more aware of will
surface, and that's the one you
release.
Unleash the
vanilla ice cream you can
perceive more easily 2020-10-23
18:25:04
[Excerpt from Lester Levenson (The Sedona Method) 's 1992 teaching video]

Lester: We're going to talk about release next. How do you do that? It's simple. You all pick up a pen and hold it tightly in your hand. First, I want you to know how you hold it tightly in your hand. It's very simple, and we all do it very well. We also do a good job of holding onto our feelings. Because we do it so well, we forget that we can just do this (instructor releases the pen to the ground) , just let it go. That's what we mean when we say "let it go. " The meaning of "go " is...

Asagao 2020-10-23 18:25:25

@WindLeist was initially exploring when releasing desires and couldn't distinguish between the three major desires. How could he only release control in the first month, know how to release identification in the second month, and release the fear of death in the third month?

Wind 2020-10-23 18:26:32

All emotions stem from the desire for validation and control.

A friend translated Lester Levenson (The Sedona Method)'s audio . it simple

Everyone can take a look.

Wind 2020-10-23 18:28:14

All surface sensations originate from the heavy feelings we call AGFLAP [apathy, sadness, fear, desire, anger]. AGFLAP stems from two: the desire for approval and control, which in turn stem from one: the desire for survival and security. When we let go of our desire for approval or control, we rid ourselves of all AGFLAP and thousands of other feelings. Emptying the subconscious, the mind quiets , and we realize our infinite existence, working with intuition, which comes simply from our essence. This is intuition. All the knowledge we use in our minds is filled with ignorance. Behind this ignorance lies our essence. What we are ignorant of is that everything we do through our minds is finite and can be harmful. Every head has limitations that obscure our infinite existence. So we need a way to remove the motivation for all thinking —feeling. This will quiet the mind, and the mind will never truly be at peace because it is a flawed mechanism for seeking survival , security, approval, and control. As long as the mind is this mechanism, it will never give you the right answers. It will forever lead you to seek the wrong answers, and you will gain fleeting pleasure and long-term suffering. But you must remain simple. You are infinite, all-knowing, all-powerful, and all-present. When we feel our behavior is extremely limited in our minds, put it in a cabinet called the "unconscious" and pretend we never did it. If a limiting thought arises, and we don't like it, we try to put it back in the cabinet. The method is simple, and

the method is easy. Let the feelings surface, [be aware] that they are seeking approval or control, and then let them out. Following these six steps will take several months to clear all your clutter. Afterward, life will become effortless, beautiful, harmonious, almost dreamlike. Everything will happen effortlessly; just put a thought in our calm mind, and it will manifest quickly. So why not do it over the next few months ? Be smart. Remember the KISS theory. We break it down into three parts. Now, "I" am all-knowing, all-powerful, and all- present. Always have been. Always will be.

Wind 2020-10-23 18:29:00

He sensed a desire for approval, control, and security.

In the first month, he only perceived a desire for approval; in the second month, he only perceived a desire for control; and it wasn't until the third month that he perceived a fear of death.

That's why he said that if he had had six steps, he would have reached the finish line much faster.

Lester said, "You now have six steps, so you should be faster than me." If you do it, it's simple. If you don't, it's impossible.

Simple, or impossible or impossible)

It only takes a few weeks, or at most a few months, to release all emotions and desires.

Asagao 2020-10-23 18:36:12

Once you've released what you want, can it all be manifested or changed? (Wind, 2020-10-23 18:36:39)

free

Lester described it as "making what you want happen with just a thought." I haven't yet released my fear of death.

Therefore, it will re-develop some desires for control and identification, but I will immediately release them because I haven't completely eliminated this mechanism, so I haven't completely released my entire mind.

But I'm prepared to do it this way.

The fear of death is the cause of two great desires, all emotions, and thoughts.

Wind 2020-10-23 18:37:57

I haven't fully overcome my fear of death.

Therefore, it will re-develop some desires for control and identification, but I will immediately release them because I haven't completely eliminated this mechanism, so I haven't completely released my entire mind.

But I'm prepared to do it.

The fear of death is the cause of two great desires, all emotions, and thoughts.

As long as the fear of death is not completely dispelled, it will continue to develop, leading to a desire for identification and control. Because people don't really crave freedom, it's difficult for them to be free.

They will stop at an extremely beautiful state, but whether it's a beautiful dream or a nightmare,

you're still in the dream. If you don't transcend the dream, you'll fall.

October 23, 2020: Clarifying the key points of the original method

Asagao 2020-10-23 18:42:35

Teacher, it seems you've been here for the past two whole days. Is it because you're controlling yourself, or have your desires temporarily subsided? (2020-10-23 18:43:22)

I'm going to clarify the key points of this original method one last time. I'm going to release it tomorrow or the day after.

So over the next couple of days, I'll be repeating some things that you've probably heard many times before, hoping that you can use Lester's later teachings and original process to guide yourselves.

Guide yourself using six steps

"Once you stop wanting to identify with or control something, all the emotions underlying them leave. But until you release your fear of death, you will still have the desire to identify with and control something."

Let's work together to restore Lester Levenson (The Sedona Method) 's great original method. Don't pay attention to me personally; when you're not heading towards freedom, you're heading towards the world.

Therefore, Lester Levenson (The Sedona Method) said "there is no stop in the six step

Once you're free, there's no need for release.
But before reaching it, people cannot understand freedom.
I live for you, because I am you. (2020-10-23) 18:48:33
Lester Levenson (The
Sedona Method) 's freedom
was also a form of
liberation, wasn't it? They
went up the mountain
without water, so he was
also liberated.

Wind 2020-10-23 18:49:13
omniscience, omnipotent, omnipresent
That was after he had
redeveloped his mind; he
said it took him eighteen
years to return to the
world.
He stared at the television, watching it
intently, until he finally grasped a
feeling; he finally successfully developed
a sense of feeling.
Because the world is all about control and acceptance.
He needs to develop something before he can return to the world.

Wind 2020-10-23 18:53:38
What I'm about to say is what I'm
certain I know; I won't speak of beliefs
or speculations.
I will only say what I know.

I live for you, because I am you. (2020-10-23 18:55:21)
Wind, if the people you deeply love are no longer in this world, are you able to communicate with them with your current abilities ?

(Wind, 2020-10-23 18:55:30)
I'm saying now that even if I am fortunate enough
to achieve freedom, I will come back and share
what I cannot answer regarding this question.
I'm not continuing to share because I
have any special abilities; I'm doing
this to clarify the method.
Let's work together to restore Lester Levenson (The Sedona Method) 's great original method, and ignore me personally. (2020-10-23 18:58:58)

@Wind Last year, I used Lester's first release technique and released three times. The sensations were very intense, but I haven't been able to use it since.

Let's start learning from the beginning again.

Wind 2020-10-23 18:59:47

Let's start learning the original
process from the 1992 release law
again ; it'll be very simple.
In the second week, feelings will keep emerging,
then leave like waves.
But when I pause, a quick glance at the six steps
immediately tells me which step I went wrong, and then I
release and immediately resume the process.
The process has not changed.
It's just become more
straightforward, with fewer
steps. I feel like I've been
stuck in the six-step process
all along.
These six steps form a powerful driving force, allowing the release to continue.
Insights will occur frequently, and you might get carried away by them, but as long as you continue to remind yourself of the six steps, you will continue...

Continued release, reaching even higher peaks.

Wind 2020-10-23 19:05:48

Anything not included in the six steps is unnecessary.
Note that the third step is "all feelings are a desire
to control and identify with, release them." "All
feelings" means all feelings.
You must be feeling this now.
It definitely wants to
control and identify
with you, and you can
definitely release
them.

Susan 2020-10-23 19:08:49

Release can happen
anytime, anywhere? (Wind,
2020-10-23 19:09:09)

This method is very simple
and can be used at any
time. Go through six
steps.
Third, at this moment, do you feel a desire
to control or a desire to accept? Release
them.
The fourth step is to continue
releasing, making it a regular
occurrence. Each time you
release something, your
feelings intensify, and new
feelings emerge.
Is it still a feeling? Of course it is.
Does it still want control and
approval? Of course, and
therefore, you can continue to
release it.
Release again, and your feelings will rise once more.
The emerging feeling is still
the desire to control and
validate you; you can still
release it through processes.
It's that simple.

2020-10-23 Wind Explanation in Six Steps

I am Infinite 2020-10-23 19:14:05

My current tendency to release feelings is a habitual urge to do so whenever I become aware of them. This is a desire to control, and as soon as I become aware of the feeling, I immediately retreat back into myself, suppressing it. My need for control is too strong; this habit, built up over several years, is difficult to break, making release very difficult now. @Wind

Wind 2020-10-23 19:14:16

Step 5

I am Infinite 2020-10-23 19:14:25

I can even clearly feel the subtle process of the sensation immediately receding as soon as I try to control it. Suppression.

It's been too long

Wind 2020-10-23 19:14:48

What you're
describing is a
habit, but habits
are just
accumulated
processes.
The program's underlying
purpose is simply to control and
validate my identity as "infinite"
(2020-10-23 19:15:19).

I know the fifth step, but I still get stuck when I try to use it. It's like I'm trying to release the stuck button and control it.

When it was being controlled, it
still got stuck, completely
releasing the wind. 2020-10-23
19:16:18

Step 6

I am Infinite 2020-10-23 19:16:58

How do I do step
six? (Posted by Feng,
2020-10-23 19:17:16)

Every release brings ease
and joy. (I am Infinite, 2020-10-23
19:17:29)

If nothing is released,
there's definitely no pleasant
breeze. (2020-10-23 19:17:46)

If you remind yourself of this, you will
stop what you are doing now and easily
allow the desire to control what is
emerging.

I am Infinite 2020-10-23 19:17:49

But when I actively seek out pleasure, I can feel it—it's
unbelievable. (Wind, 2020-10-23 19:17:59)

Every effort you make is an
attempt to control me. (2020-10-23
19:19:18)

Even the sense of
pleasure was actually holding back
the wind. (2020-10-23 19:18:26)

The feeling of
pleasure can get
stuck because
you try to
control it.

It seems many people don't know
how to do step five. (I'm on 2020-10-23
19:19:14)

This urge to control my habit is so strong that no matter how I try to release it, I instinctively try to control it again. I haven't found a specific way to stop it yet.

Minnie 2020-10-23 19:19:26

Want to control
the release process

(2020-10-23 19:19:48)

Let me share my experience, which was on October 23, 2020. 19:19:51

good

Wind 2020-10-23 19:20:21

If you follow the original process, you'll find that the first step is to "relax as much as possible and focus your attention on..."

"Inner" Be aware of your feelings in a relaxed and comfortable state.

The specific usage of step five is indeed something that is easy to misunderstand. Because people often find that...

I can no longer feel the urge to control my feelings.

Thus, when you try to release the control you want to control, you get stuck indefinitely. (2020-10-23 19:23:18)

right

Especially since there's a habitual tendency to control even more serious winds (2020-10-23 19:24:06)

So relax and become aware of your most superficial "desires".

Changshunchang's theme

And only perceive it
Once, you only need to be aware of one "want".
If other feelings are present, you don't need to suppress them, but you also don't need to consciously focus on them. When you're stuck, it's obvious you want to change it.
Notice that you are exerting force
This "effort" is the desire for control; it's already on the surfac

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Another point is that, like all feelings, it cannot be released all at once. So when I'm guiding others, I say, "Do you still want to change how you feel right now?" This allows the desire for change to be recognized.
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Release the second time
Until you completely release your desire to change it, you will immediately find that this release process becomes incredibly powerful. If you only release a little and suppress the rest, continuing to try to

control it while trying to release it...

Then that unreleased desire for control will continue to operate within you, and you will get stuck again during a certain attempt to release it.

This was also the biggest obstacle to my initial ability to continuously release my potential.

I am Infinite 2020-10-23 19:31:25

I realized that my blockage was accumulated over time, and the release methods I used in the past were actually trying to control it, not truly release it.

Going to release

Wind 2020-10-23 19:31:26

In reality, we simply overlooked the fact that its six steps are the only key element during the release process; it's not just a theory.

It's a map that guides you along the way. (I am Infinite, 2020-10-23 19:35:00)

This wasn't mentioned in the previous information. (2020-10-23 19:31:50)

Therefore, to reiterate, the six steps...

The six steps are the only key; it's not just a theory, it's a map that will guide you along the way.

I am Infinite 2020-10-23 19:33:19

The six-step explanation is just a simple statement about getting stuck, which doesn't really mean anything. Furthermore, the explanations in those materials are also wrong.

I was completely misled.

The Book of Abundance is translated as "Dilemma." I feel that every time I grit my teeth and push forward, I can overcome it; this is the dilemma.

Huh? It seems like this isn't a problem, I've never even used this step before [facepalm]

Then this release, accompanied by a desire for control, becomes a habit—a habitual suppression rather than release of energy. (2020-10-23 19:35:40)

Lester: Talk to the workshop instructor, not me who brought you there. Or you can continue to release the feeling of being stuck until you see it.

If you don't release the feeling of being stuck, you let it continue to function, which will cause you to remain stuck. Can you see how simple this is? If you do it, it's really simple.

Wind 2020-10-23 19:36:28

the The ″ Way″ audio series will provide scattered explanations of the six steps.

keep it Simple also has

Beingness also has

get high to Release

also has its share of wind

2020-10-23 19:39:43

My understanding of the six-step process comes

from listening to Lester's audio repeatedly over

two years.

Even able to recite some

of the passages besides

″the″ There are other

audio tracks as well.

get high to The release notes state that if you release for the sake of feeling good, you will automatically stop once you reach that goal .

Wind 2020-10-23 19:57:35 (The following content is mentioned in advance)

The points I just mentioned are scattered

explanations about the six steps, which

can help everyone to understand them more

deeply.

There is also a goal. and winning

When discussing separation , we also discussed goals.

This is a later tutorial, and it can also be translated.

Wind 2020-10-23 19:41:26

Aren't many people confused about the

meaning of the first and second steps? The

first step is wanting freedom; the second

step is deciding on freedom.

If you decide to be free, you won't stop until you reach it.

If you decide only to feel good or achieve a certain material goal, then you'll stop once you get it because what you want, what you decide, will take you there.

In the second week after my release, I watched the six steps and I directly "knew" what the six steps were like and was certain that it could lead people to the end.

Most people in this world cannot do the first two steps. However, they can still use the release process to achieve a very comfortable state.

The desire to change is a form of desire to control. If you really dislike something, you'll want to change it. If you really like something and want to maintain or possess it, that's all about control.
The specific explanation for wanting to control is "you want the world to behave the way you want it to."

The desire for control
is the most
superficial; it is
driven by the desire
for validation.
Why do you want to possess this and
change that? Because you want
recognition.
Why do we crave approval? Because we crave security. You feel that if others approve of you, you can survive. This desire for security and survival is the deepest, most fundamental need.
And all feelings are part of the survival process.
The desire for survival and
development leads to a desire
for recognition and control,
which in turn fuels agflap's
development .

Wind 2020-10-23 19:54:50

You should understand all six steps now, right? [Laughs]

from October 23, 2020, did not ask you to resign.

Vanilla ice cream - 2020-10-23 19:50:00

2013 , I quit my rapidly advancing job, deciding to dedicate the rest of my life to understanding the truth of life and fully living out that truth. I prioritized this, and I think that's when I decided to be free. Although I 've only recently encountered Primal Liberation, I've felt rapid progress over the past seven or eight years. Whenever I come across a suitable path, I quickly integrate and practice it, constantly surpassing my previous learning and understanding. I think this "speed and transcendence" is the powerful driving force behind my decision to be free. "Deciding to be free" is truly important!

Mary Sea 2020-10-23 19:56:42

@VanillaIceCream [Thumbs up] Me too, even the timing is about the same. (2020-10-23 19:58:11)

There is also a goal. and winning
When discussing separation , we also discussed goals.
This is a post-production
tutorial, and it can also be translated.

(Blank space 2020-10-23 19:59:49)

@MarieHai After 2012 , some people wanted to awaken.

Chloé 2020-10-23 20:00:25

I'm

thinking of
quitting my
job, but I
have no
income and
I don't
know what
to do.
Lester suggested releasing stress at work rather than long-term isolation, suggesting a short-term quarantine instead. Is that right?

Wind 2020-10-23 20:02:16

If you act by escaping, you suppress those feelings deep within, and those become your karma, driving you to break free from alienation. Therefore, there are no obstacles in action itself; the obstacle is identifying with the limited body and mind, identifying with the ego. If you try not to act, you won't succeed because your karma is currently driving you to act. So, if you try not to act, you won't succeed; whatever your karma is, you will act. Therefore, trying to do nothing is useless; only release is useful. Only release will give you all the paths; the faster you act, the faster it comes. Therefore, action is less of an obstacle and more of a true help, because when you act, you are pushed by your feelings, and those feelings...

When you take action, it brings even more feelings, allowing you to release all those feelings.

So you have to do it in this world, you have to do it through action; you can't do it in isolation. When you isolate yourself, you're just running away.

Vanilla ice cream - When you continue to release, you will automa

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I didn't intend to go into seclusion, but it happened automatically.

I don't necessarily have to try to control myself and isolate myself from the world.

2020-10-23 20:04:51

Having just overcome my financial difficulties in the previous phase, I've achieved a deeper level of financial liberation and gained...

I gained a decent degree of freedom. But as soon as I encountered the Release Technique, I immediately surpassed the previous level, because I knew that the freedom brought by the Release Technique was true freedom, and it was the freedom I truly desired from the bottom of my heart.

Wind 2020-10-23 20:05:07

Rather, it was driven by a force that caused the isolation to occur automatically.

When I reach a state of continuous release, I can't connect with the world, so I stay in the house to release, that's

all.

Vanilla ice cream - 2020-10-23 20:05:52

For those considering resigning, I suggest taking some time to relax first. When the time comes, you'll know the answer yourself. (2020-10-23 20:06:41)

The six steps did
not require you to
resign or
quarantine.
It just tells you to keep releasing.
As you continue to release
these signals, isolation
will automatically occur,
and you will reach a state
where you no longer need to
work.

Chloé 2020-10-23 20:07:43

This job is incredibly restrictive; it doesn't allow me to do what I want, or even say what I want. It's truly disgusting. (2020-10-23 20:07:56)

These are all feelings

Vanilla ice cream - 2020-10-23 20:08:07

Because denying me the truth about freedom would be more painful than death. (2020-10-23 20:08:08)

It's a good thing that you
have the opportunity to
release these limitations
when feelings arise.

Vanilla ice cream - 2020-10-23 20:08:50

Yes, you can't fool yourself; you can only face yourself!

By letting go, you'll see the truth behind your desire to quit your job. Once you've let go, you'll naturally know what to do next. Now is the perfect time to let go.

New Thoughts 2020-10-23 20:11:36

@Feng often struggles to concentrate on work and release stress, only able to do so alone in bed at night. But is it actually possible to release stress even in a noisy environment?

Mary Sea 2020-10-23 20:11:40

@Chloë • Before making a decision, release all your feelings and desires about it, and you will make the decision that is best for you, possibly better than you think.

Wind 2020-10-23 20:11:44

Yes
Sustained release doesn't
require a quiet environment
because your world is merely a
projection of your thoughts.
You can't change the cause by doing
something about the outcome. If you
feel noisy, it's just a feeling.
You return to step three, releasing your
current feelings of wanting control and
identification. This may feel difficult at
first.
So you can make use of all the time that doesn't
require mental work. When you do this, the
continuous release will generate momentum.
It will make your release
increasingly easier, allowing
you to release even while
doing things.
If you continue to release yourself,
you'll find that you no longer need to
do anything because you're no longer
creating that image.
You no longer create the scenario of "I need to work".

Yuanyuan 2020-10-23 20:14:54

@Feng , when I see a very touching or loving scene, I feel very emotional and want to cry. Is this a sign that I want to control myself or that I want to gain approval?

Mary Sea 2020-10-23 20:15:32

When I searched for this word in
NetEase Youdao Dictionary, the example
sentences that came up were actually
"Six Steps to Freedom".

Wind 2020-10-23 20:15:42

I found this
before, what do
you think?
If you want to maintain that good feeling, then you want to control it.
If you're particularly excited and want to share
it with others, it means you crave validation.

In any given event, various basic desires will arise.

Vanilla ice cream - 2020-10-23 20:19:16

As the saying goes, a structure operates by releasing, not by making money. The same principle applies to work. Examine whether your reason for wanting to quit is truly a desire for freedom, or something else entirely.

By releasing, we can operate our current work; by releasing, we can obtain a better job; by releasing, we can make ourselves not need to work. —"These are all possible, as long as they are what we truly want in the present moment. They can all be achieved through release, rather than escaping, suppressing, or controlling these 'desires'."

Zhang Fei, 2020-10-23 20:25:54

Lester once said that by consistently focusing on asking yourself "What am I?", you can achieve ultimate freedom in a few months. This is 早an initial teaching, but later it was found that students did not make much progress with this method.

Wind 2020-10-23 20:26:26

Well, he found that simply having students meditate, having them meditate with questions in mind, wasn't making much progress. He discovered that one release meditation session was equivalent to several months of meditation.

It only takes less than a minute to release.

Mary Sea 2020-10-23 20:27:04

@Zhang Fei? This method is a traditional Indian teaching; Ramana Mahasattva teaches this method of inquiring into one's own nature.

(2020-10-23 20:27:12)

After that, he was only taught the release method he had invented. Before that, he didn't have his own method. Just guiding students in meditation

Mary Sea 2020-10-23 20:27:52

This method requires a very high level of root ability.

It's about the yearning for freedom and how uninterested one is in this world.

Those who can achieve freedom through this method are basically just one step away from success.

Other alternatives, such as seeking release, are also acceptable. The threshold for this is not that high, and it's suitable for modern people. [Prosperous]

[Firewood][Wang Chai]

Wind 2020-10-23 20:31:35

The release is also very quick; it's not a matter of settling for second best.

Ramana Maharśa's "Who Am I?" and Yogananda's Kriya Yoga Lester both recommended it, but later he only recommended the release method.

Luo Wanyu 2020-10-23 20:34:47

I can't distinguish between acceptance and control. Let me first release the current control I'm under.

Fengchi 2020-10-23 20:35:35

@Wind ? Same question about resisting

the wind 2020-10-23 20:35:48

If you want to change, you want to control. Sometimes you'll feel yourself resisting someone because you want to be accepted; you'll become clearly aware of these things.

Huixuan 2020-10-23 20:37:24

Does liking someone mean wanting to agree with them?

(2020-10-23 20:38:03)

All three desires

Wanting to possess is wanting to control;

wanting to be liked by the other person is wanting to be

recognized. (Huixuan, 2020-10-23 20:38:36)

Is it

simultaneously resisting the

wind? (2020-10-23 20:38:37)

They all stem from

the desire to

survive; resistance

is a manifestation

of emotion.

Wind 2020-10-23 20:39:57

Great, this meets step

six. (Aimi, 2020-10-23 20:41:25)

I tell myself to be free, but my right spine resists. I want freedom, but my body doesn't. How can this be?

What's going on?

Wind 2020-10-23 20:41:54

Needless to say

The decision to be free is not a prayer, nor is it a psychological suggestion.

The decision
is the decision. (Marie
Hay , 2020-10-23)
20:42:27
@Wind? I 早used to try to achieve liberation through Kriya Yoga because of Lester's teachings, and I also tried to understand my true nature, but it didn't work. Now it seems that the liberation method is more suitable for me. It's fate.
Wind 2020-10-23 20:42:29
It's like you've decided to walk
from your seat to the door. (Aimi, 2020-10-23
20:42:30)
Um
Wind 2020-10-23 20:42:51
Once you've made up
your mind, you'll go make vanilla
ice cream right away. (2020-10-23
20:43:23)
In fact, money is a wonderful topic for self-liberation. Don't avoid, suppress, or control your desire for money. As long as you release it correctly, you will not only gain more inner freedom, but also more freedom to use money.
Ai Mi 2020-10-23 20:45:44
I felt a resistance in
my right back. (Posted on 2020-10-23
20:46:13)
@Wind? Do these two
questions mean the same thing? Wind
2020-10-23 20:46:36
These are two question formats used in the course.
Stir up
arouse
come from
Wuxin 2020-10-23 20:47:00
My understanding is: A
feeling behind the wind (2020-10-23
20:47:01)
From
Wuxin 2020-10-23 20:47:15
One before feeling
Control arises from sensation, not
sensation arises from control. (2020-10-23
20:48:48)

You can choose any of the questions, because they do indeed appear in the course, but the feeling comes from control and identification.

This is what Lester Levenson (The Sedona Method) has repeatedly stated. (Aimi, 2020-10-23 20:50:20)

come from Wuxin 2020-10-23 20:50:28

I'm trying to find the control or acceptance behind my feelings. Is this the right thing to do? (Feng, 2020-10-23 20:50:44)

No need to look

Observe your feelings, and you will immediately become aware of them. OTHERNESS 2020-10-23 20:51:05

Here's a release I just experienced: I was having dinner with my daughter. There were two shrimp in a shrimp salad. My daughter ate one, and I wanted the other. But I felt I should leave it for her since she liked it; however, I also wanted some for myself.

I became aware of the energy I felt I wanted to eat, and that energy instantly transformed into saliva in my mouth. Then I felt something in my brain (perhaps the desire) subside, and I no longer wanted to eat. Before I even started asking my question, that energy was gone.

Wuxin 2020-10-23 20:51:08

I can easily judge this . (2020-10-23 20:51:19)

Then you can use this.

Because it is actually the same

Lester's comment, "Recognizing that your feelings stem from a desire to control or a desire to identify," was posted on 2020-10-23 at 20:52:32.

Now I can tell whether it's control or agreement; before, it took me ages to figure it out. (Hong, 2020-10-23 20:53:32)

I've wanted to quit my job for five years, but I still haven't. It's so frustrating! [Facepalm] (Posted 2020-10-23 20:54:03)

That's great! You've made some progress today. Thank you ! (2020-10-23 20:54:04)

"The method is simple and easy. Let the feelings surface, [become aware] that they are craving approval or control , and then let them go. Following these six steps will take several months to clear out all your garbage."

——Lester Levenson (The Sedona Method) hon 2020-10-23 20:56:11

Hesitation and indecisiveness, along with anxieties about gains and losses, all stem from a desire to control oneself. (2020-10-23 20:56:37)

Using force is about control; not using force is about acceptance.

Wind 2020-10-23 20:57:20

This is Lester's explanation of the release method; it

really is just this.

Ai Mi 2020-10-23 20:57:47
@Wind ? My question is: Is the inability to perceive feelings a form of identification or control?
(Wind, 2020-10-23 20:58:15)
Are you able to release your emotions? (Marie Hay, 2020-10-23 20:58:15)
@IamInfinite @Wind ??Should we add "Did you feel more relaxed and happy?" to the original process I just posted?
This question
Mary Sea 2020-10-23 20:58:30
I just remembered Ai Mi 2020-10-23 20:58:45
Not good yet
Wind 2020-10-23 20:58:58
Let's start by releasing our emotions. (Ai Mi, 2020-10-23 20:59:18)
Or sit quietly and release your feelings

OK
Wind 2020-10-23 20:59:47
This question was actually added after I experienced the six-step process; it wasn't part of the course. (Marie Hay 2020-10-23 20:59:52)
Yesterday, Teacher Feng said that this question can be used to check whether we have truly released what was not in the course, and whether we can add it now.
Wind 2020-10-23 21:00:24
I added this because it makes step six easier.
But don't take my words as the standard; take the course and Lester Levenson (The Sedona Method) 's teachings as the standard. (2020-10-23 21:02:16)
However, the sixth step in the six-step process cannot be ignored. (2020-10-23 21:02:27)
right
Wind 2020-10-23 21:02:56
The method I provided for this step, based on my own experience, is for reference only.
I was on October 23, 2020. 21:03:40
Yesterday, I released some of my urge to control my dad, and it was easy and pleasurable. But later, I couldn't release it anymore; I kept getting stuck, and the urge to control him suddenly came back.
Wind 2020-10-23 21:04:39
However, if I make an addition, others will follow suit, which gradually damages the original stream.
Procedure
Therefore, maintain purity
Even if it's something I use, I don't recommend adding it to the original workflow.
I was on October 23, 2020. 21:06:49
[powerful]
Wind 2020-10-23 21:07:15
6.Each time you use the Method, you are lighter and happier. If you release continually, you'll be continually lighter and happier.
Step 6: With each release, you become more relaxed and happier. If you continue to release, you will become increasingly relaxed and happier.
Wind 2020-10-23 21:07:20

to use this
instead of the
question I
asked .

2020-10-23 As long as you completely let go, a single thought will proceed as you desire.

Wind 2020-10-23 21:13:47

Once you completely let go, a thought will proceed as you desire.

2020-10-23 21:13:53

This
understanding is correct
. (2020-10-23 21:13:56)
This applies to
everything
without
exception.
I was on October 23, 2020. 21:14:47
If you really want to release
all that money, why bother making money
through stocks ? (2020-10-23 21:14:55)
But if your goal is money, you probably
wouldn't want to trade stocks. However,
I've tried controlling the stock market
once, and I've experienced it.
I don't have a single
penny in the stock
market; I'm just
testing this principle
for fun.
The stock market followed my
plan for two days until I
let it go.
Wind 2020-10-23 21:16:46
In addition, there is traffic flow.
Everything, once you've completely let go of it,
you will be free. (Little Sun, 2020-10-23 21:17:23)
Is it possible to express the desire to get good grades on an upcoming exam? Is it possible to release the underlying need for control and validation behind this desire to do well, and then things will happen?
Wind 2020-10-23 21:17:35
The meaning of freedom is "a mere thought and it
"happened" Huixuan 2020-10-23 21:17:53
@Wind? Can I get money back
from someone who owes me money? Wind
2020-10-23 21:17:57
Yes

get everything and anything by releasing only

This was the

guidance Lester

gave; he also had

one more sentence.

every impossible, no matter how impossible, become immediately a possible as you completely released on it

Every impossibility, no matter how impossible, will immediately become real once you fully unleash your potential upon it.

possible

Wind 2020-10-23 21:21:03

Examine it in every single thing.

From small things to big things, everything is achieved through release.

This is also a powerful guideline for implementing the six steps given by Lester Levenson (The Sedona Method) .

Wind 2020-10-23 21:23:49

Yes, release all your feelings about it.

Wind 2020-10-23 21:25:20

This teaching on
releasing all
feelings about it is
in the inside the way

Beautiful Life 2020-10-23 21:27:31

@Wind? After releasing it, doesn't the thought of wanting it again arise? Otherwise, how can you achieve what you want? Wind 2020-10-23 21:27:36

You can take a look.

Wind 2020-10-23 21:30:13

Lester: I'm not going to give you any more guidance right now. I've already given you so much, how do you feel? How have you felt about what I've given you so far? This is key. The first is wanting freedom more than wanting the world. The second is getting all the joy from within yourself through release. The next is making the decision to be free and doing it. The next one is directly releasing the fear of death—this is the hardest one for you because you feel that if you release, you will die. The next one is to get everything you want simply by releasing right now. I think this is my favorite one. From a practical point of view, it will bring you more than the other guidance, do you know why? You will release in every moment. Because your wanting has been overloaded, wanting, wanting. How successful have you been in this? Getting everything you want simply by releasing right now? Does this work for any of you? Anything you want right now, you release it, let it enter your experience. Who has experienced getting everything they want simply by releasing? Anyone? Everything! Everything means everything. What are you trying to say?

Wind 2020-10-23 21:32:04

Lester: Release the bad parts, and it will remain forever. Or, release one thing:

the fear of death, and that will take care of everything. Just one thing! There's only one thing you need to release!? The fear of death. Why don't you do it ? You can find yourself omniscient and omnipotent, you can have anything you want, through an effortless thought. You can materialize things, you can dematerialize things, you can teleport, you can talk about the past, or say anything you want .

Wind 2020-10-23 21:32:36

Yes, that's the way it is

Wind 2020-10-23 21:36:42

Don't limit this method, everyone!

Use it to its fullest potential!

I'm going to unleash my full

potential now, keep it up!

Wind 2020-10-23 21:40:09

If you still don't understand the six steps and methods, then I'm going into seclusion.

Wind 2020-10-23 21:41:14

Tomorrow I'll guide a few more friends who promised to do so.

October 23, 2020 The only thing holding you back from being free is not wanting it.

Minnie 2020-10-23 21:42:04

Will my children and family affect my pursuit of freedom ? (2020-10-23 21:42:07)

Won't

As Lester said, the only thing that doesn't make you free is that you don't want it. That's the only thing that doesn't make you free.

Minnie 2020-10-23 21:44:00

How should this sentence be understood? Through the release of knowledge, one will know how to make money . (2020-10-23 21:45:59)

If you can directly obtain abundance, what do you need to do first? (Marie Hay, 2020-10-23 21:46:45)

Everyone should really watch the instructional videos from 1992 carefully and follow the instructors' guidance when doing the exercises.

Wind 2020-10-23 21:46:50

@I am the group admin of Infinite, is there anything else I need to explain or contribute? Mary Sea 2020-10-23 21:46:54

I just followed the instructions and it worked ! (2020-10-23 21:46:57)

If not, I plan to go into seclusion tomorrow. (I am Infinite, 2020-10-23 21:48:23)

@Wind The key is that I don't have much successful experience with releasing it yet. I've almost cleared up my doubts, and I still want to ask...

Unable to get an answer

Wind 2020-10-23 21:49:39

Yes, you can follow the curriculum; it's

a curriculum
designed by Lester.

I am Infinite 2020-10-23 21:50:08

If a feeling arises, clearly some kind of energy, but you don't know what it is, what does this mean ? (2020-10-23 21:51:03)

You mean you can't identify it? (Wind, 2020-10-23 21:51:41)

Lester: No, you're confusing me now. So now you're going down, down to the release of elementary school form. I'm trying to keep you at the graduate level. I'm taking you out of middle school, high school, college, and then putting you at the graduate level. Release the feeling of being stuck, see how much you want to change those things—like I told you.

Simply release the stuck feeling, or even the vague feeling—you might not even be able to see it because you're trying to escape it, or at least try to change this vague feeling—whatever it is. Once it's gone, you'll have the ability to re-enter the fear of death.

I am Infinite 2020-10-23 21:52:07

It's like something I can't quite make out, but it also feels like there's no need to make out anything, and I can't sense anything behind this feeling, it's just...

It popped up

Wind 2020-10-23 21:52:07

When you release your desire to change a
vague feeling, it becomes clear.
Every feeling we experience in the
present moment is a desire to control
and identify with; if we cannot clearly
identify it, it remains a vague and
unclear feeling.
Release your desire to change it, and it becomes clear.
Once you become clearer, you'll be able to perceive
whether your current feelings are a desire to control
or a desire to acknowledge them, and then you can
continue to release them.

I am Infinite 2020-10-23 21:54:02

I just tried to release what I was trying to control, and suddenly things became clearer; I realized it felt a bit like being hungry. But I had just finished dinner.

If I only become aware that the feeling is becoming clearer, but I still can't discern whether it's a desire to control or a desire to be recognized, does that mean it's not clear enough?

Wind 2020-10-23 21:55:09

Yes
As long as things are unclear, there will be a desire to control them.
The solutions for any issues that
may arise during the release process
are all covered in the six steps, so
do not use any methods outside of
the six steps.
The third step is to become aware that all
feelings are attempts to control and identify with
them, and to release them. If you can't do this
step, then you're stuck.
Apply step 5

I am Infinite 2020-10-23 21:58:16

Am I driven by a desire for control and validation, or does it simply crave control and validation ? (2020-10-23 21:58:33)

The inability to
consistently release
tension stems from being
trapped by the desire to
control and conform.

The instructor said in the course, "When your feelings arise, don't suppress them, but focus more on what you want."

In other words, during the release, you allow feelings to surface, but become more aware of your "desires"—this is the third step of the six steps.

Be aware that all feelings are driven by a desire to control and identify with them, and release them.

October 23, 2020: Hunger is a physical sensation; this is actually already an expression of...

I was on October 23, 2020. 22:01:45

I suddenly realized that the feeling of hunger is simply wanting to eat. I suddenly had a strong urge to eat .

I'm starting to realize it. But this feeling is very strong, it keeps surfacing in my mind. Could it be caused by suppressing my hunger in the past?

Wind 2020-10-23 22:02:11

Hunger is a physical sensation, which actually expresses a result.

Once you release the urge to control,
you can turn off the feeling of hunger at any time
. (2020-10-23 22:03:01)

The thing is, I just finished eating, and
I don't know why this thought suddenly popped into my
head. (2020-10-23 22:03:23)

Yes, note that you need to control and then release the anger, and it will dissipate.

Again , bodily sensations are a result, which is already expressed.

Therefore, I've noticed that many people release
bodily sensations, but this isn't true release. (2020-10-23
22:04:35)

The release method releases the feeling , the emotion, and the reason that drives the emotion—the desire.

Once you release these causal aspects, the result-oriented aspects of bodily sensations will change. If you focus on releasing the result—on bodily sensations—you will encounter many difficulties.

Because you can't change your
posture by smashing the person in the mirror .
(2020-10-23 22:09:01)

I've realized that this feeling of hunger was probably something I had suppressed before. Then, because I released some of the urge to control it, it automatically surfaced and expressed itself. So, if the body is used to suppressing feelings, it's also possible to release that urge to control it and let it surface.

Wind 2020-10-23 22:09:28

will be many painful
physical sensations.

When you release your fear of death, it will bring out...

However, the focus is not on releasing bodily sensations, but on your emotions and basic desires related to them.

Wind 2020-10-23 22:11:10

Student: Once when I was doing a release therapy for my fear of death, I experienced some very heavy physical pain, so I must have done something wrong, but it took me a long time to get it right.

Lester: You didn't release it; instead, you expressed it in your body, and

you're leading your body toward death. Pain points to death. So, you didn't release it; you just let it manifest in your body.

Wind 2020-10-23 22:11:14

@I am Infinite? Take a look at this.

Pain is actually the result of the body expressing the fear of death.

In other words, if you suppress your fear of death, it will manifest in your body and cause suffering.

Body sensation

I was on October 23, 2020. 22:12:12

right

Wind 2020-10-23 22:12:24

But if you release your fear of death, it will dissipate.

Therefore, do not do anything outside of the six steps.

Anything else

Aside from the desire for control and validation, and the subsequent fear of death, you don't need to release...

Because everything is the result of those three.

If you want to change the pain, release the desire to change (control)—this is the third step.

If you are aware of the fear of death, then release the fear of death. If you are aware of the urge to identify, then release the urge to identify.

The six steps are very simple and easy.

You don't need to suppress your bodily sensations, nor do you need to consciously perceive them.

If you experience physical pain, you should pay attention to your emotions and desires related to it at that moment.

I was on October 23, 2020. 22:18:35

I've discovered I'm able to release what I wanted to control. The previous state of extreme control is starting to relax. (2020-10-23 22:18:48)

If I were to release myself, would I replace "Can you make him leave?" with "Can I make him leave?" (2020-10-23 22:19:01)

You can change it like this. (2020-10-23 22:21:15)

You've been talking about it for a month, but I only truly grasped the original release method you mentioned today. @Wind Yan 2020-10-23 22:21:31

I understand now. The key isn't the physical sensations, but rather releasing the underlying emotions and desires. No wonder I felt hungry immediately after releasing my fear of death this afternoon. [Grinning face]

I was on October 23, 2020. 22:21:57

I only knew before, but my past habits kept interfering. It wasn't until today that everything became clear. (2020-10-23 22:21:57)

There are many scattered theoretical foundations in Lester Audio. But ultimately it all boils down to six steps . (2020-10-23 22:22:34)

@Qingfeng now usually just kicks directly, no longer trying to control. Beautiful Life 2020-10-23 22:22:34

@Wind? It's hard to release the physical pain. Could you elaborate? Wind 2020-10-23 22:22:37

However, focusing solely on the six steps can easily lead to the misconception that releasing bodily pain is unnecessary.

It is a result

If you release the desire to control it

Wuxin 2020-10-23 22:23:19

The fear of death usually won't emerge until the release of identification and control is complete.

(Feng, 2020-10-23 22:23:27)

It will be corrected soon . (2020-10-23 22:23:48)

Yes, I'll occasionally appear, but not often. (2020-10-23 22:24:08)

I've found that when I release the urge to control my body from pain, I immediately begin to relax.

October 23, 2020, Feng clearly saw six steps that could lead to the destination during his seclusion.

Wind 2020-10-23 22:24:18

Before I went into seclusion, I wasn't entirely clear about the six steps.

However, during my retreat, the six steps guided me through a long and beautiful journey through life. (2020-10-23 21:24:41)

If the wind releases its control, will the illness disappear automatically?

Wind 2020-10-23 22:24:44

I could clearly see that it could lead to the end.

Once all psychological feelings about it are released, they will not be expressed physically. Pain is the result of the fear of death being expressed in the body.

I am Infinite 2020-10-23 22:25:50

The advanced version of Ban Lester says that you can directly release the fear of death by simply continuously releasing the "death fear" effect , is that correct? @Wind

Wind 2020-10-23 22:06:02

Use six steps

This is the original release method.

This should be considered the true release of Dharma spirit. (2020-10-23 22:26:41)

Adding the word "original" is simply to

distinguish it from many other methods of haphazard modification. (Beautiful Life, 2020-10-23 22:26:53)

@Wind, does releasing the feeling of hunger mean you don't need to eat? Wind 2020-10-23 22:26:59

Yes, but there's a prerequisite: you need to release enough of the desire to control and acknowledge that what you're releasing isn't the feeling of hunger. Hunger is a physical sensation; it's already a result. (Vanilla Ice Cream, 2020-10-23 22:28:03)

After reading the conversation between Feng and the group leader, I gained a deeper understanding of Lester's words, such as "You are not the body" and "Identifying with the body is being limited." The body is merely an expression of the mind's creative results; it is simply a creation. Through release, the body, like the external environment, can undergo tremendous changes at any time. Wind 2020-10-23 22:28:14

You need to release its cause, the psychological feelings—and the desire to control and identify with them—and the "fear of death" that drives this desire to control and identify.

The desire to live is the fear
of death; the fear of death is
a word Lester frequently uses.

Wuxin 2020-10-23 22:29:08

After learning the release method, if you want to start releasing, where do you begin? Should you start by releasing something that makes you feel you need to change next , such as money, or something like changing your nearsightedness, or should you directly enter into continuous release?

Wind 2020-10-23 22:29:35

Therefore, you only need
to release three things;
you don't need to do
anything beyond the "six
steps." Start releasing
from your current
feelings.
This is the third step.
If you really want money right now, and this feeling
is very strong, then you can let go of the fact that
eating isn't essential.
I remember during the first week of release, each
release brought a huge surge of energy. Later on, I not
only didn't need to sleep, but I also only needed one
meal a day.
By the second week, no more food was needed.
I even need to run a lap on the overpass every day
to burn off all this pent-up energy. Why are you
asking me about what will happen after I'm free? I
don't know.
I only started eating again
in the last few days. (2020-10-23
22:35:12)

What are the specific feelings associated with the desire to control? For example, I just became aware that I wanted to release, and this desire is the same as the desire to control. Do I no longer need to be aware of it? @Wind

Wind 2020-10-23 22:35:33

Have you released it?
After becoming aware
of it, did you release it? (I am
Infinite , 2020-10-23 22:35:59)

No, upon noticing, it seemed to
have automatically retreated. (2020-10-23

22:36:08)

That means it's stuck.

Releasing it stops it, which means it's stuck.

You want to release, but the release stops; this is called being stuck . (2020-10-23 22:36:49)

Today is always like this, very little wind is successfully released. 2020-10-23 22:37:10

That means the "desire for control" has emerged, and it's time to release it.

The more stuck you are, the more you need to release it.

This allows you to break free from the stuck process. First, allow yourself to become aware of the feeling of being stuck, and then become aware of your desire to change it.

Easily allow yourself to become aware of your desire to change, and then it dissipates.

Reflect on how you feel now. If you're still stuck, continue to allow yourself to be aware of it, and then become aware of your desire to change it.

It will not appear again

Then, if they want to change, they will continue to leave.
Because so much has been suppressed, it needs to be released continuously.
However, if you continuously release the blockage and want to change things, releasing it completely, the stuck program will disappear entirely.

In most cases, the
subsequent release
will be very smooth
and will no longer
get stuck. Doesn't
that sound great?
The program might get stuck once or twice more, because some of the stuck programs are deeply repressed.

As it was on October 23, 2020 22:42:05
@Wind , when you said you wanted to change, did you mean you wanted to change the idea of releasing (the idea that caused the card)?
Wind 2020-10-23 22:42:20
But it will no longer be
the norm—not an idea, but
a tendency to "want."
I am Infinite 2020-10-23 22:43:22
The desire to control is also a tendency; recognizing this tendency and releasing it is releasing the desire to control? (Wind, 2020-10-23 22:43:48)
Yes
Wants are merely a
tendency. Why are they
so easily detected?
Because they are simply
a predisposition.
That's why I've been trying to use the
word "want" instead of "desire" when I'm
facilitating lately.
Our minds have imbued desires with too
many conceptual things, some of which
are moral in nature.
It sounds like something you need to analyze.

But the ″want″ in the release method only indicates a tendency.

I am Infinite 2020-10-23 22:47:10

This is so important. I've been confused about what it means to want to control something.

Grateful for everything. 2020-10-23 22:47:36

I feel like life is all about wanting validation and control; there's just too much of that.

(2020-10-23 22:47:39)

It's about what you want to do right now; your inclination towards the world is to want control and recognition.

Wanting to control and gain approval = the world, I am infinite. (2020-10-23 22:48:03)

There's a spontaneous force driving this tendency, right? [Laughing] Wind 2020-10-23 22:48:23

Yes, the reason for feeling, the tendency that drives feeling, is ″wanting″.

Lester Levenson (The Sedona Method) also felt it was unintentional. (2020-10-23 22:48:51)

The first step in the six steps is to ask about your feelings. Are these feelings followed by desires?

Wind 2020-10-23 22:49:16

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally sounded. Because it didn't seem to make any real sense to people , we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to...

This world.

Wuxin 2020-10-23 22:49:39

If there are no feelings involved, can desire be released directly? (Wind, 2020-10-23 22:50:21)

No feeling means your feelings are vague and unclear. (2020-10-23 22:50:58)

Feelings are inevitably linked to desires.

I am infinite. 2020-10-23 22:51:10

I realized that I used to be trying to control this word, and only now am I noticing that. What I really need to do is become aware of my own desires and tendencies.

Wind 2020-10-23 22:51:19

It's not continuous; as long as there's a feeling, there will be a tendency because without "wanting," there will be no feeling.

These fundamental concepts may not have been clearly explained before, so I also went through some detours.

The idea that "inclination" is something Lester mentioned in an audio recording.

Basic Tendency = Desire to control and validate myself. (2020-10-23 22:54:04)

After this concept was clarified, I realized how much more liberating it was. I had just released a feeling of wanting to control something that I no longer had.

[Smiling]

I noticed it immediately, without having to search around.

Chloë • 2020-10-23 22:55:41

I thought I had released myself
to the point of feeling nothing,
but it turns out that not
feeling anything is just that
your feelings are vague and
unclear.

Wind 2020-10-23 22:56:07

It's not about releasing until you feel nothing.
Because if you truly feel nothing, your
experience will be incredibly beautiful—a
constant feeling of oneness, a surge of
pure love, because your infinite existence
is just that wonderful.
If you don't experience this wonderful feeling,
it means you're still suppressing a lot of
emotions. You're simply suppressing them,
running away from feeling them, rather than
releasing them.

OTHERNESS 2020-10-23 22:56:01

For many things you don't want to change, should you release yourself and stay where you are? Or should you release yourself and accept laziness ?

wind

Wind 2020-10-23 22:58:21

Release those feelings
that are holding you
back; feel them now.

Many people will ignore it even if they listen to the recording.

These correspond to

I've heard it countless times, I can practically recite all of Lester's teachings, and it suddenly came to mind when I was putting it into practice.

After applying the six steps, the path unfolded before me, becoming crystal clear.

Therefore, regarding the issue of the release method, I am confident that I can now explain it clearly.

As it was on October 23, 2020 23:03:28

Find the inclination, observe it, ask if it can leave? Is that liberation? (Wind, 2020-10-23 23:04:04)

Once you become aware of it, you'll naturally have a tendency to let it go. (2020-10-23 23:04:11)

Before I even had a chance to ask Fangfei (2020-10-23 23:04:12)

Teacher Feng, the six steps only mention "the desire for control and recognition," without mentioning the desire to survive. This third step...

A wish !

Wind 2020-10-23 23:04:14

It left.

This will appear automatically, so there's no need to explicitly add it to the steps.

Lester mentioned this in "The Way".

Vanilla Ice Cream 2020-10-23 23:04:58

Actually, about a week ago (around the 15th) , after watching Theway 1 and 6 for the first time , I focused on releasing the word "want." I truly "knew" that "wanting is lacking, being limited." Unfortunately, I was at my hometown and had a lot to do, so this release only happened before bed and after waking up. But this release was very important to me, making my subsequent releases much smoother. I want to continue releasing "want" whenever I have the chance.

Asagao 2020-10-23 23:05:19

@Wind, has the amount you've released in the last two weeks exceeded what you've released in the last two years? It's not a matter of quantity.

It's a problem of inertia.

Release is like a runway for an airplane; if you keep running and stopping, you'll never take off. Only by sprinting forward can you accelerate to the point where you can fly.

Qingxi 2020-10-23 23:07:21

@Wind simply sensed the desire to release this tendency directly. Is it feasible to operate without realizing whether the motivation stems from a desire for approval or a desire for control? If not, why? (Wind, 2020-10-23 23:07:45)

Only when you are clearly aware can you release. When it surfaces, you'll immediately become aware of it and then have a natural inclination to let it go.

Yitian 2020-10-23 23:11:49

@Wind, the key to releasing energy is still the ability to perceive, right? Wind 2020-10-23 23:11:57

It's not a proces s.

No matter how good your awareness is, as long as you are aware of other things when you should be releasing what you want to control during the process, You will get stuck.

Asagao 2020-10-23 23:13:48

@Wind , how do you release the fear of money, the feeling of not having money, and the fear of spending money when others owe you money, and when you owe others money?

Ming • Kong2020-10-23 23:14:00

Do we usually release feelings and emotions only when they arise, or do we constantly observe and actively ask ourselves about our current feelings and let them flow naturally?

Where's Cheng? @Feng

Wind 2020-10-23 23:15:28

Proactive use of processes

Don't do anything

outside of these six steps.

(Yitian, 2020-10-23 23:16:12)

When you realize you want to control something, do you have to make the decision to let go of that control in order to release it? Or will it leave on its own?

Open? @Wind

Wind 2020-10-23 23:16:15

Release your feelings about this matter.

It has a natural tendency to leave, and often leaves on its own.

However, if you think that simply being

aware of it is enough, you'll get stuck. (Asagao,

2020-10-23 23:16:56)

We need to release things one by one,

one person at a time, right? (2020-10-23 23:17:06)

@Is the goal of the wind release to control tendencies?

Wind 2020-10-23 23:17:15

It's not about releasing one thing at a time, but about releasing one feeling at a time.

Be consciously aware of your feelings, and the

urges they evoke in you to control and identify with them.

(Yitian, 2020-10-23 23:18:09)

That means the key to releasing it is being able

to perceive that "wooden eye"? (2020-10-23 23:18:16)

Once you've completed the process,

the key to releasing an emotion or

desire is the process itself.

I can't call it awareness.

Because awareness is something that is easily confused.

What is the difference between releasing someone and watching from the sidelines? (October 23, 2020)

Simplicity is the ultimate sophistication 2020-10-23 23:19:22

@Wind, what's the difference between releasing and observing? Wind 2020-10-23 23:19:35

When you're observing from the sidelines, do you want to control or to agree? (I am Infinite, 2020-10-23 23:19:59)

Awareness-based release involves recognizing the tendency to release with the intention of release, and then using a process to release it. (Simplicity is the ultimate sophistication. 2020-10-23 23:20:27)

Just observing without participating. @风风2020-10-23 23:20:27

Many people say: I am merely "observing". It means placing oneself in the position of an "observer," but this is a pretense.

Because you are still suppressing your feelings
Those driving forces are
still at work deep inside;
your desire for control
and identification still
drives you.

Simplicity is the ultimate sophistication 2020-10-23 23:21:54

Could you please explain the essential difference between the two? (Wind, 2020-10-23 23:22:07)

One is repression, the other is release . (Yitian, 2020-10-23 23:22:39)

Being aware of "wanting" and feeling "wanting" are indeed somewhat different . (2020-10-23 23:22:55)

That's not how it is.
What I'm talking about
isn't the semantic
difference, but the
necessity of the process.

Wind 2020-10-23 23:23:10

Rather, it's about the necessity of the process ; simplicity is the ultimate sophistication. (2020-10-23 23:23:33)

My understanding of observing from the sidelines is one of natural inaction, but is there suppression or active influence? (2020-10-23 23:23:34)

If you don't use this method to become aware of your desires and let them go, you'll be stuck and unable to achieve non-action.
Lester said there are two kinds of inaction.
One is the lowest state,
utter despair, where one
is completely overwhelmed
and unable to move.
The other, and highest, state is calmness.
That is, everything is perfect, infinite, and nothing needs to be changed.

If you wanted to deliberately practice inaction or go with the flow, which would you be?

莱斯特有一句更好的概论
“方法很简单，方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让他们出去。贯彻这个方法的六个步骤，会花几个月的时间来清空你所有的垃圾。”
--莱斯特

Wind 2020-10-23 23:27:18
The key to the release method is, of course, the continuous release of wishes. (2020-10-23 23:27:24)
I feel the same way. Is this a feeling I want to control? @风风2020-10-23 23:27:24
Instead of continuous observation
Be aware of how you are feeling right now.
Then realize that it wants to control or identify, and then release it.
Qingxi 2020-10-23 23:30:41

When you become aware of the desire to control or identify, simply be aware of the inclination to want to; there's no need to be aware of what you want to identify with or what you want to control. It doesn't matter what the content you're identifying with or controlling is, right? @Wind
Wind 2020-10-23 23:31:23

Yes

Do you all assume there must be content involved? (Wind, 2020-10-23 23:31:41)

No.

This world was not created in this way.

You first created a mindset; first there was the fear of death, then the desire to control and identify, and only then did the emotion of agflap arise.

Then came the thought process. (2020-10-23 23:32:42)

Yes, I've been searching for what I want to identify with? What I want to control? (Wind, 2020-10-23 23:32:43)

Then, thoughts project onto the material world, and the material world is then connected to the content of events.

Therefore, the content of events is the result.

It's not the event that causes the desired tendency, but rather the desire that causes the event.

Want to drive every thought to create the world

Therefore, if you perceive a desire, that's the cause; you don't need to correspond to the event. (Qingxi 2020-10-23 23:35:49)

@Wind, so that's how it is. I was completely going in the wrong direction before. Releasing what you want actually means letting go of the cause, right? Wind 2020-10-23 23:36:07

The root cause is the desire.

I've practiced many types of meditation and different methods emphasizing observation, and they are truly different from the release

method. Using those experiences to manipulate the release process will only create obstacles.

Once you release yourself to the point where you can only feel pure love for this matter, you are free in it. If these feelings are not released, these troubling events will recur.

Because even if you don't look at it, the mechanism of creation still operates subconsciously.

(2020-10-23 23:38:25)

On a side note

The three bodies I saw

In the causal stage, there is no matter; it occurs only when there is "wanting." The reason there is no matter is that thought has not yet arisen.

The moment a thought arises, your astral body takes shape; it is created immediately along with the thought.

In the realm of causes, as long as there is a "want," it is immediately filled with a continuous cycle of wanting and satisfying.

Therefore, it is impossible for ideas to develop and for matter to form.

Matter is merely the condensation of thought; frozen energy (frozen energy) Qingxi 2020-10-23 23:42:17

I didn't understand this sentence. Could you explain it in detail? (Wind, 2020-10-23 23:42:24)

Therefore, releasing "desire" truly involves working at the causal level, which directly and powerfully changes all outcomes.

Vanilla ice cream 2020-10-23 23:43:07

Is releasing desire the same as filling a void, and will that calm the mind? (Wind) 2020-10-23 23:43:07

The realm of origination, which Buddhism calls the formless realm, has no physical form; it only contains cause and effect. In the realm of origination, a sense of lack arises and is immediately filled.

The astral realm, on the other hand, generates a sense of lack, develops certain ideas, and then creates things to fill that void.

In the material world, because thought is solidified, creation is delayed, making it impossible for creation to be immediate, thus creating intricate connections.

This leads to the unfulfilled desires being delayed, which in turn directly ends the lack.

Qingxi 2020-10-23 23:46:12

Does "filling" here mean either being filled by thought or being filled through material manifestation? Yes.

Okay?

Wind 2020-10-23 23:46:27

No, it's about releasing all identification with the three bodies and achieving complete mental stillness.

What remains is infinity.

Cause and effect is a continuous process of action and reaction. (Vanilla Ice Cream, 2020-10-23 23:47:34)

@Wind I feel this is a shortcut to release, I will delve deeper into releasing the wind. 2020-10-23 23:47:42

Because you have a basic sense of lack, a tendency to want, it will develop something, and this development will gradually become more complex.

The causal relationship in the causal realm is very simple.

A basic tendency was immediately filled, like a chain reaction.

The causal relationships in the astral realm are slightly more complex; they need to develop into thought, and thought is composed of fragments of images.

(image)

As it was on October 23, 2020 23:49:21

Does wanting to let go mean the collapse of one's mind? (Wind, 2020-10-23 23:49:21)

Therefore, very subtle substances are formed in vanilla ice cream. (2020-10-23 23:49:28)

Once scarcity ceases, abundance operates effortlessly. (2020-10-23 23:49:29)

Lester said it's a photon in physics, yes.

Hai 2020-10-23 23:49:48

The world manifests too slowly, making it difficult to see the true cause and effect, so the mind fabricates stories, resulting in so many...

A world

Wind 2020-10-23 23:49:54

Yes, the complexity of the material world lies in the fact that the delay in action and reaction means you can't see the direct cause.

I am Infinite 2020-10-23 23:50:32

But awakening is faster in the material world, isn't it?

(2020-10-23 23:50:39)

Therefore, 早Lester also taught a method during this period, which those who have read *The Ultimate Path to Freedom* will know: it involves discovering "the thought that created this event."

Yes

Because of the world's dullness and heaviness, there is a stronger motivation to pursue freedom.

This driving force is your desire and inclination, but the key question is which direction you are heading towards—freedom or the world (restriction)?

Vanilla Ice Cream 2020-10-23 23:52:51

The wind was so refreshing, it made learning so easy and enjoyable! [Wink] 2020-10-23 23:53:21

Lester早initially suggested finding the thought in one's subconscious, letting it surface, and then discarding it, but later found this didn't work.

This method is too slow.

The best way to release karma is through the practice of karma release.

Releasing control and identification, releasing the fear of death, directly releases the driving force.

This releases thousands upon thousands of thoughts.

This time, after being released from seclusion, I saw the complete route; previously, I only had a theoretical understanding of it.

These are now relatively clear and certain.

The six steps are not something that can be changed at will; they are like the "seven factors of enlightenment" in Buddhism—a complete path.

The six steps are the only
thing I need to pay attention
to in the release method; I
still can't completely
disregard my mind.
But I'm not speaking based on any beliefs
or speculations right now; I'm only saying
what I "know."
Speaking only of things that are directly and definitively known, rather than things understood through some theory. (Vanilla ice cream, 2020-10-24 00:03:47)
This is a kind of inner certainty.
My goodness, only those who have decided on freedom can talk so intently for so long, I wonder if there are even 3000 messages . What does it feel like for the people behind you to climb the stairs? I'm so glad I was immersed in this place and absorbed everything so well.

wind 2020-10-24 00:10:38
[Chat log between Feng and Yitian]
The Seven Factors of Awareness
This isn't a release method, just take a look.

Vanilla ice cream - 2020-10-24 00:12:13
@Wind, I feel like you have a photographic memory, right? Wind 2020-10-24 00:12:46
Yes, I have a photographic memory.
(2020-10-24 00:13:14)
When did you acquire this ability? Was it after it was released? @风风2020-10-24 00:13:14
No.
Vanilla ice cream - 2020-10-24 00:13:42
It must be innate
Wind 2020-10-24 00:14:03
I have 早a photographic memory.
It must be the result of meditation. I practiced the Pa Auk Sayadaw method and reached the second jhana, which cultivated my concentration and gave me a photographic memory.
This isn't a great skill. (Qingxi, 2020-10-24 00:17:19)
@Wind I'd also like to ask, isn't ultimate reality devoid of cause and effect? Cause and effect still exist within duality, without transcending it, right? I was confused about this point before .
Wind 2020-10-24 00:17:30
Yes
I am Infinite 2020-10-24 00:17:37
@wind When did you start learning about Zen? Was i早when you were in school? How come you became so interested in these things?
Vanilla ice cream - 2020-10-24 00:18:18
I don't have a photographic memory , but I can recall things I didn't remember before when I need them.
Xihaha is still enough [grinning face]
Feng 2020-10-24 00:18:31
A Theravada Chan practice
Vanilla ice cream - 2020-10-24 00:20:33
What year did Lester Levenson (The Sedona Method) die? The wind was in '95 ... but that's beside the point...
24 , 2020 00:28:18
Teacher Feng, is it because I haven't released my emotions enough, and can only trace them back to AGFLAP, while unable to find the desire to

acknowledge certain emotions (such as greed and guilt) ? Do I need to practice releasing emotional feelings before moving on to acknowledging and controlling them? Or do I need to catch up on Lester's lectures? @Feng

Wind 2020-10-24 00:28:56

> Practice
> Without experiencing it firsthand, one might not understand Lester Levenson (The Sedona Method) 's words.

2020-10-24 Seven Factors of Sense

Yitian 2020-10-24 00:02:35

> Could you explain the Seven Factors of Enlightenment to me? I gave up on Buddhism precisely because I didn't understand them!

Wind 2020-10-24 00:05:11

"Venerable Sir! What is meant by 'clarity'? Venerable Sir! What is clarity? What is 'following clarity'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering..."

The wisdom that follows the path to the cessation of suffering is called enlightenment; such wisdom is called subsequent enlightenment.

True knowledge of the Four Noble Truths is called enlightenment. One who achieves this is said to have attained the aspect of enlightenment through mindfulness of enlightenment, which is to "attain enlightenment" and "sever ignorance."

"Ming" is also called "clear insight" or "holy wisdom." Therefore, the mindfulness-awareness aspect is the first turning of the Four Noble Truths, encompassing the three truths of suffering, its origin, and its cessation. However, the path truth lies in the investigation of phenomena aspect.

Yitian 2020-10-24 00:07:05

The Four Noble Truths

Ming, seeing the

Eight Saints rise to power,

Yitian 2020-10-24 00:07:27

What exactly is the method of choice?

Wind 2020-10-24 00:08:25

In every choice you make, you can know which path leads to the cessation of suffering. Therefore, all your actions of body, speech, and mind are in accordance with liberation. Knowing "which choices lead to the cessation of suffering" is seeing the "Path of Truth." Once you see it, you know what to do. This is practicing the "Noble Eightfold Path of Liberation."

corresponding

The Eightfold Path to liberation is like attaining enlightenment after severing ignorance; it's like having a lamp lit in a dark room, allowing one to see the right direction.

Yitian 2020-10-24 00:09:08

Now I understand!

(Wind, 2020-10-24 00:09:30)

After I was released, I became proficient in all methods. (Yitian 2020-10-24 00:09:48)

My intuition tells me that the method of releasing evil is the true essence of Buddhism. (2020-10-24 00:09:53)

Including which method is the right way and which is the wrong way.

There are two kinds of the Eightfold Path: the conventional Eightfold Path,

which leads to a better rebirth, and the supramundane Eightfold Path, which leads to the end of suffering and towards the end of suffering.

right way

October 24, 2020 Wanting freedom means wanting to break free from all restrictions and all feelings.

I am Infinite 2020-10-24 02:45:33

I suddenly realized I could try simply being aware, without actually releasing the information. This would help me break free from my bad habit of habitually trying to control and forcefully release information.

This inertia should subside after a while.

Wind 2020-10-24 02:47:26

I think not
doing this is
also a way of
trying to
control things.
If you don't confront the card,
you just let it run its course and
use the release process to deal
with the habit.
Do not do anything outside of the six steps.
The result of "mere awareness" is that a superficial
calm will remain unchanged. This is also a kind of
blockage, an internal blockage, but you refuse to
acknowledge the feeling of being stuck.

Don't be afraid of stuck habits; allow them to surface so you can release them.

I am Infinite 2020-10-24 02:53:02

Yes, I think so too.

I'm so worried I can't sleep because of this card.

I desperately want change, including desperately wanting to break through my limitations.

Wind 2020-10-24 02:55:01

When you feel stuck, you have a strong tendency to change it. (I am Infinite, 2020-10-23 02:55:23)

Yes

Wind 2020-10-24 02:55:25

Your current thought is that any mind driven by the desire for change wants to alter the process. Is it possible to overcome inertia by suppressing it?

Not facing the feelings associated with the card is suppressing them. (I am Infinite 2020-10-24 02:57:15)

Yes, we still need to follow the procedures to release Yitian. (2020-10-24 02:58:01)

The moment the desire arises, it means that one has forgotten one's infinite nature, right? @风风2020-10-24 02:58:21

This way of expressing it is not good.

Because your desires are being suppressed.

Through the process, it actually keeps emerging that I am infinite 2020-10-23 03:00:15

Indeed, this description implies a desire to control what one wants . (2020-10-24 03:00:16)

@I am infinite inertia, it's just a feeling in the driver program .

Program is about feeling

Return to step three of the six steps.

All feelings are a desire for control and identification; releasing them makes me feel infinite. (2020-10-24 03:01:45)

Okay, I'll go
check the wind again.
(2020-10-24 03:01:46)
The six steps are a tool
to guide us on our
journey; use them
instead of your mind.
Using it as our
mindset, I am infinite.
2020-10-24 03:01:45
Suddenly realized I still
can't remember the six steps
[facepalm] My memory is
completely stuck.
Wind 2020-10-24 03:03:51
Hold it in your hand, keep it by your side

There's no need to carry it.
The first step is to prioritize the
desire for freedom over the desire
for recognition and control. If this
cannot be achieved, many feelings
may not even surface.
If you want control and validation more than you want
freedom, you won't let go. Right now, you need to
decide to release that controlling desire that's
holding you back.
The next decision
beyond it is to
allow it to emerge
and leave before
doing anything else.
Allow yourself to become aware of your current feelings,
whether they are a desire for control or a desire for identification; let
them go. (2020-10-24 03:08:10)
I suddenly realized how I always feel stuck and want to control
myself. Before, I was just aware of it but not consciously aware of it. [facepalm]
Wind 2020-10-24 03:08:47
You must decide to transcend
it in order to realize that I am
infinite. (2020-10-24 03:08:57)
Is it really that the desire to release what's stuck
isn't strong enough to make a decision, because it seems too
difficult ? (2020-10-24 03:09:17)
Because the desire for
freedom outweighs the desire for control,
I am limitless. (2020-10-23 03:09:19)
I just saw that wanting freedom is more
important than wanting the world, and I sensed the wind.
(2020-10-24 03:08:47)
So you let it stay
inside . (2020-10-23 03:09:30)
Too
magical wind
2020-10-24 03:09:31
It's really simple.
The answer lies
in these six steps. (I am
Infinite 2020-10-24 03:09:45)

This is the first time
I've actually used the six-step
method. (2020-10-24 03:10:16)
You can understand it as, "wanting to release it".
If you want control and approval more than
freedom, then you suppress it and won't let it
out.
I am Infinite 2020-10-24 03:10:40
I feel this desire is right there, but
I just couldn't see it coming. (2020-10-24
03:11:05)
Only when you desire freedom
will you allow it to emerge. (I am Infinite
2020-10-24 03:11:14)
It's easy to become aware now.
Therefore, I did not
emphasize this before
making sure I had taken
the first step.
Because I believe
this is common sense .
(2020-10-24 03:11:52)

I haven't even thought about it; I just looked at the first step, and I haven't even considered whether I can do it or not. (2020-10-24 03:12:23)

But Lester Levenson (The Sedona Method) said the first step is the most important . (2020-10-24 03:12:31)

Does wanting freedom mean wanting to get rid of all feelings? (Wind, 2020-10-24 03:12:33)

Therefore, I should emphasize that I am Infinite (2020-10-24 03:12:46)

I couldn't understand it before, but now I truly understand it deeply. (2020-10-24 03:12:50)

Break free from all limitations, feel the wind completely. (2020-10-24 03:13:00)

In this situation, it's simple: do you want to release that card now? If you do, you'll decide to do it.

You will allow it to surface.

Instead of letting the desire to control stay inside and operate itself, I am infinite. 2020-10-24 03:14:54

Yes. I want to release this card; I'll try it directly.

Wind 2020-10-24 03:16:08

None of the six steps can be ignored;
failure to do even one step will lead to stagnation.
You can't say that releasing the process by saying "ignore step X" will make it impossible to continue.

I am Infinite 2020-10-24 03:18:26

I'm carrying a subconscious mind that's not yet deeply engaged and doesn't require the six-step process at all; no wonder I've never

intentionally used the six-step method.

Wind 2020-10-24 03:19:15

Let me explain a
very simple
first step of
its usage.
When you want to talk to someone,
assuming you want to acknowledge
something, you stop releasing that
feeling.
At this point, someone who wants to identify with you is at work.
If you remind yourself in the first step that you
want freedom more than you want recognition and
control, you will be able to bring that desire for
recognition to the surface.
Otherwise, you'll speak up, letting that person
who wants to identify stay inside and operate. (2020-10-24
03:21:19)
Some people understand this usage.

Wind 2020-10-24 03:23:15

Not a single step is superfluous.
Therefore, try to understand the six steps.

To be completely clear
This is how it can continue to release.
If you have any doubts about the
six steps, please feel free to
express them because I now have
a clear understanding of them.
Therefore, try to
understand the six
steps thoroughly.
This is how it can continue to release.
If you have any doubts about
the six steps, please feel free
to express them because I now
have a clear understanding of
them.

The second step of usage (October 24, 2020)

hai 2020-10-24 03:25:30
@Wind? How do I
use the second step? Wind
2020-10-24 03:26:12
The second
step is
simply
deciding on
the freedom
to make that
decision.
Sometimes you hesitate when
deciding to use this
release process to achieve
freedom.
You might think, "Should I release it?"
Or you might want to use other methods, such as awareness or inquiry.
hai 2020-10-24 03:27:49
How can I make a
more decisive
decision? I do feel

hesitant.

Wind 2020-10-24 03:28:02

As long as you don't decide to use the release process to achieve freedom, you'll keep wavering like this and won't be able to continue.

hai 2020-10-24 03:29:15

Does releasing more information lead to a stronger resolve? (2020-10-24 03:29:20)

Both wanting freedom and deciding to be free are things that can be done directly.

just want it more

just make the decision

hai 2020-10-24 03:30:42

Hmm, I feel like I understand a bit better now. (Wind, 2020-10-24 03:30:47)

When something tries to control or identify with you, it will surface once you're certain that releasing it is better than letting it stay inside.

For example, you want to play games now.

There's something inside that wants to control how you're operating.

When you realize that releasing the urge to control is more important than trying to control it, you've achieved the first step, and it will then surface and be released for you.

Yitian 2020-10-24 03:35:57

If we understand that freedom is inner freedom, then wanting freedom is essentially wanting liberation. Because what prevents the heart from being free are these feelings, emotions, and desires; only a heart free of feelings, emotions, and desires is a truly free heart.

The second step is to decide on the release.

The third step is to make the

object being released reappear

and leave; the fourth step is to

continue releasing.

Wind 2020-10-24 03:37:21

Lester: Yes, that's the first step, and the first step of the method, isn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we modified it to "You have to want freedom more than you want recognition and control," because recognition and control are equivalent to the world. But I think it's better to say "You have to want freedom more than you want the world." If you do that , your next action will be: turn your direction away from the world, focus back on yourself , do what it takes to detach yourself from the world , and allow your infinite existence to simply exist here. So the first step is that you have to want freedom more than you want the world.

Yitian 2020-10-24 03:38:11

Wanting freedom = wanting release = wanting to get rid of all feelings, emotions, and desires

The desire for control and approval stems from a desire for physical freedom. The desire for release stems from a desire for inner freedom. (2020-10-24 03:39:54)

no

Don't

interpret Yitian like
this 2020-10-24 03:40:08
What makes the heart unfree?
(Feeling the winds of emotions and desires,
2020-10-24 03:40:17)
Wanting control and
approval = wanting world opinion.
(2020-10-24 03:40:28)
That is, the wind is
moving in the direction of the
restriction. 2020-10-24 03:40:53
There is no freedom in the direction of restriction.

Could you please describe "permission" in more detail? (2020-10-24)

On October 24, 2020 06:13:47

@风? When it's convenient, please answer this question: You've been mentioning "allowance" literally, but how is it used in terms of user experience? Could you describe it in detail? Is there any deeper meaning? Don't let us overlook it again. I've always just glanced at it before. Alright.

Wind 2020-10-24 06:55:46

It means allowing
it to be noticed
and allowing it
to leave.
Because feelings are also conceived, they are repressed energy.
(energy) So just let it leave.

Wind 2020-10-24 06:58:56

"If you don't equate the fear of death with death itself, you can let it out, and you'll be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You do the job of suppressing it and keeping it at the bottom very beautifully. So the last time we focused on releasing the fear of death, I usually avoided it because most people don't release it smoothly; they get stuck on it . But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word 'allow'? That's how it happens. You no longer keep them at the bottom; you allow them to surface and leave. Because it's also constantly trying to push itself up and out—every repressed feeling does that. So when you do it, it's very easy ; they surface and leave like waves until the waves stop, and you're done."

Wind 2020-10-24 06:59:08

Lester Levenson (The Sedona Method) 's original words

October 24, 2020: Helping students learn better

Susan 2020-10-24 07:10:25

The wind isn't
sleeping, is
it? 早install

Wind 2020-10-24 07:10:38

Yeah, no need to sleep, 早 peace.

Susan 2020-10-24 07:10:49

Not sleepy at all? Do you have dark circles under your eyes? (Posted by Feng on 2020-10-24 07:11:03)

Since the last release, it has remained like this. (Fangfei, 2020-10-24 07:12:28)

Teacher Feng, can I improve my students' grades and make them more motivated and outstanding through my own efforts? @风风2020-10-24 07:13:08

Can

Nothing is outside of you.

Susan 2020-10-24 07:13:42

How can I help my sick father recover?

(Fangfei, 2020-10-24 07:13:43)

Wow, is that

really possible? (Wind,

2020-10-24 07:13:55)

Yes

Wind 2020-10-24 07:14:03

You can make

it heal. (Fangfei,

2020-10-24 07:13:43)

Wow, is it really that amazing?

Wind 2020-10-24 07:13:55

Yes

Fangfei 2020-10-24 07:14:35

So, should I unleash all the control and approval I feel when I think about my students' grades? And then send them a message telling them to do well?

Susan 2020-10-24 07:14:41

How exactly does it work? I

completely trust the wind. (2020-10-24

07:15:01)

Release all your feelings about his illness.

Nothing different.

(Fangfei, 2020-10-24 07:15:14)

Should the students think about it together

as a group? Or should each student think about it

individually? (Wind, 2020-10-24 07:15:23)

No need to think

Release all feelings

about this matter . (Fangfei,

2020-10-24 07:15:45)

What about this?

I don't quite understand this. [hug]

So, should I unleash all the control and approval I feel when I think about my students' grades? And then send them a message urging them to do

well? Could Teacher Yifeng provide some specific guidance?
Wind 2020-10-24 07:16:21
Do you want their
grades to improve? Fangfei
2020-10-24 07:16:26
right
Wind 2020-10-24 07:16:31
What are your
thoughts on this? Fangfei
2020-10-24 07:16:35

Want them to
become better 2020-10-24
07:16:44
Is it a desire for control
or a desire for approval?
Recognize it, then release
it.
Fangfei 2020-10-24 07:16:57
Wanting to
be recognized
(2020-10-24 07:17:18)
Yes, that's how it's done.
You just need to keep expressing your
feelings about what you want. (Fangfei, 2020-10-24
07:17:49)
Don't I need to send another thought myself?
For example, "I believe they can become a good wind"
(2020-10-24 07:18:11)
I directly felt that I wanted their
grades to improve, and I don't need
to believe it.
When you are fully released, you
"know" it has been achieved and
you will see it has been
realized.
No effort or belief is needed.
(Fangfei, 2020-10-24 07:19:01)
Don't I need to single out each student for consideration? For example, my feelings about Wang's grades, my feelings about Li's...
Feelings about a certain result
Wind 2020-10-24 07:19:35
All the
feelings Fangfei 2020-10-24
07:19:41
Do I simply want their grades to
improve? (Wind, 2020-10-24 07:19:42)
You can just keep releasing it.
If you think of any of those people who
still have feelings, then let them go. (Fangfei,
2020-10-24 07:20:00)
oh oh
Wind 2020-10-24 07:20:05

Until you release yourself
to the point where you only love Fangfei
2020-10-24 07:20:06
I just wanted to do that.
I just feel like
the workload is
too huge and I’m a
bit reluctant to
do it.
Wind 2020-10-24 07:20:20
It was in this matter
that Fangfei finally released her
emotions. (2020-10-24 07:21:13)
The final criterion is that I only feel love
for any student I think of, not
dissatisfaction with them.
Wind 2020-10-24 07:21:34
Yes, love is accepting him
as he is, not as you want
him to be.

Fangfei 2020-10-24 07:22:18

Teacher Feng, is it faster to release them individually or all at once? I think we should discuss this today. I understand what you mean by "it's all the feelings." I want to find a faster [hug] Only when you are truly free can you genuinely help others! (Wind, 2020-10-24 07:23:10)

The fastest way is to first release the "want to control" that makes you "want to be faster," otherwise it will get you stuck.

Fangfei 2020-10-24 07:23:29

oh oh I just went to release it, and my intuition guided me during the process, right? (Feng, 2020-10-24 07:23:58)

Yes, following these six steps is the fastest way.

Fangfei 2020-10-24 07:25:06

So, can I help my students develop and change positively without even contacting them? (Vanilla Ice Cream, 2020-10-24 07:25:10)

You really need to be free yourself before you can truly help others! You have to start by freeing yourself.

Wind 2020-10-24 07:25:30

Yes, you don't need to do anything else, just release Fangfei (2020-10-24 07:25:40)

This is somewhat similar to the Zero Limits style. (2020-10-24 07:25:54)

Deeper than it

Fangfei 2020-10-24 07:26:14

I tried Zero Limits Cleaning at home during the pandemic and found it somewhat useful, but I didn't stick with it.

I originally intended to help my students with Zero Limits Cleansing, but later found it effective through practice. So I gave up.

There are many difficulties

Teacher Feng, if I could reach your level, would I be able to help my studies even better than I am now?

Is this progress? Or is it acceptable for me to remain in this state?

Susan 2020-10-24 07:29:54

It's so hard to control it

if you keep trying [crying emoji] Vanilla

Ice Cream 2020-10-24 07:29:55

I feel like you want to control your students [facepalm]. Control isn't the problem; the problem is the desire. You need to release all the feelings that come with that desire .

Wind 2020-10-24 07:30:29

A person's state is not a fixed thing.

Sometimes you're in a state of acceptance, sometimes you're in a state of fear, and sometimes you're in a state of anger.

Releasing those agflaps from your subconscious is, of course, the most helpful thing for you.

Fangfei 2020-10-24 07:33:23

I understand. Yes, I want them to be proactive in developing themselves, rather than becoming addicted to video games.

Being criticized by parents and teachers every day creates a vicious cycle.

from October 24, 2020 form a map.

The era of the Internet of Everything 2020-10-24 07:32:27

@Wind I've noticed I can't release the wind these past two days. 2020-10-24 07:33:37

That must mean one of the six steps was not completed in the era of the Internet of Everything. (2020-10-24 07:34:00)

@WindFirstIsWantingFreedomIsNotThatStrong

Secondly, what's the problem with wanting everything without any emotions? (Wind, 2020-10-24 07:34:58)

Do you want more freedom?

The era of the Internet of Everything 2020-10-24 07:35:00

Money. No feeling. (Lightly Dancing Wind, 2020-10-24) 07:35:18

@Wind Can someone like me, who has never tried a product before, use the Freedom Six-Step Method right away?

The era of the Internet of Everything 2020-10-24 07:35:19

@Wind doesn't really want it that much, or maybe it doesn't know what it feels like to be more free yet. 2020-10-24 07:35:46

Anyone can use the six-step method , but the six-step method is a map.

When you released it, you used the release process. (Light Breeze, 2020-10-24 07:36:05)

I really don't understand why they're saying "release your desires" one minute and "control them" the next, then "freedom in the six steps of the era of the Internet of Everything" (2020-10-24 07:36:37).

@Wind, what should I do in this situation? Wind 2020-10-24 07:36:52

Because the third step of the six steps is releasing the desire for control and

identification , which is included in
the six steps.

The era of the Internet of Everything 2020-10-24 07:37:42

I've gone through the
three steps of releasing
emotions (chart), and I
can...

The era of the Internet of Everything 2020-10-24 07:37:43

@Why does the wind
crave freedom even more? Wind
2020-10-24 07:38:30

Yes, the chart is an
auxiliary tool. (Light Breeze,
2020-10-24 07:36:05)

When I get emotional, can I also use
the six steps of freedom? (Wind, 2020-10-24
07:38:44)

If you can release your desire for control and
validation from the beginning, then of course you can
succeed. (2020-10-24 07:38:52)

However, people who have never experienced
release may not know what release is and
may mistake repression for release.

At this point, it's
necessary to start by releasing emotions
to experience the interconnectedness of
the world. (2020-10-24 07:40:22)
@WindPointsTo
Me 2020-10-24 07:40:24
Once you master this method, this process, these six steps
will be all the guidance you need. You won't know how to
achieve freedom.
Fangfei 2020-10-24 07:41:13
Teacher Feng, how did you create the world?
Could you describe this? I'd like to learn more about the principles,
or are there any relevant classic books I could refer to?
Should we take a test?
Wind 2020-10-24 07:41:53
The fear of death drives the
desire for control and
identification; this is at the
causal level.
This artificially created sense of
lack drives your feelings, and
those feelings drive every thought
in your life.
Thoughts projected and
condensed into your material world in the
era of the Internet of Things 2020-10-24
07:43:33
Unable to
control Fangfei
2020-10-24 07:43:53
Hmm, but I can't see how this thought condenses
into the material world. (2020-10-24 07:44:14)
If I describe it in
detail, it may be
possible, but it may
not be understood.
Matter is not as solid as you might imagine.
Roller Coaster 2020-10-24 07:54:01
I listened to "Beingness".
It is very necessary to organize 0
Wind 2020-10-24 07:54:57
There are also scattered explanations of the six steps in beingness.

If you're interested in this part, you can read "Lester Levenson (The Sedona Method) 's Autobiography" and "An Autobiography of a Yogi." My explanation probably won't be any better than theirs.

The world appears solid, but it's really just light and shadow.

Roller Coaster 2020-10-24 07:57:24

He often said that you can't find it outside, but you just have to go and crash into this world.

D 2020-10-24 08:02:30

@Wind, I see that trying to control emotions isn't about control itself. Emotions can't be controlled, so keeping them is pointless; they'll just go away on their own. Is this the right way to release them?

Wind 2020-10-24 08:03:18

Why are you analyzing this?

Simply put, thought is thinking in the form of images,

while the world that is poured into the senses like

beams of light is merely what your senses experience.

You really don't need to worry about this.

If you find it effective, you can do it, but I wouldn't recommend it.

Fangfei 2020-10-24 08:11:52

My biggest change of mindset today is that in the past I believed that for a wish to come true, I had to make a wish myself, so I was always placing the "order" for myself.

Wind 2020-10-24 08:12:03

方法很简单方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让他们出去。贯彻这个方法的六个步骤，会花几个月的时间来清空你所有的垃圾。
--莱斯特

This is Lester Levenson (The Sedona Method) 's summary of the process.

Roller Coaster 2020-10-24 08:12:54

A strong belief may temporarily bring things to a head, but the underlying negative effects continue to operate.

Wind 2020-10-24 08:13:31

Fundamental tendencies are very, very basic things; they are at a very low level, at the causal level.

If you insist on defining or covering it with the concepts of "meaningful" or "meaningless," you've dragged the liberation down to the level of thought.

When you become aware of a tendency, you don't need to go through any extra steps to define it; there will be a natural tendency to let it go.

D 2020-10-24 08:15:33

So how do we correct the tendency to "insist on analysis"?

(Feng, 2020-10-24 08:15:58)

Just consciously follow the process.

October 24, 2020: Use less analytical thinking and focus on what's readily apparent.

Wind 2020-10-24 08:15:58

Just consciously follow the process and rely more on your intuition.

Use less mental analysis

This will also make your release easier,

and of course, it
will be deeper.
Many people feel that their sense of release is good
simply because they haven't experienced a deeper level
of release; they think that's all there is to release.
I'm not Superman
[laughs] See
step six.
Each release brings
greater ease and joy. Grateful for
everything. 2020-10-24 08:21:46
Yes, Teacher Feng gave us confidence;
he's a guiding light. [Laughing with hands covering
mouth] Feng 2020-10-24 08:24:07
Don't pay
attention to
my release
method, it's
just a road
sign.
Roller Coaster 2020-10-24 08:24:48
Teacher Feng was just bait.

Asagao 2020-10-24 08:41:02

@Wind When emotions are sensed, the thought of leaving will surface. (Wind 2020-10-24 08:24:28)

The departure of emotions may not be so quick; the desire to be noticed will lead to a swift departure.

Linc 2020-10-24 08:42:00

@Feng , what if you're feeling unwell? Some people can leave once they realize it, right? And some don't leave so quickly either.

Wind 2020-10-24 08:42:14

Simply perceiving emotions is insufficient because the underlying causes are still at work; therefore, a three-question process is needed to clarify them.

leave.

Physical discomfort is not the

e t
o i
b s
j a
e r
c e
t s
o u
f l
r t
e ,
l a
e n
a e
s x
e p
t r
h e
e s
r s
a i
p o
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; .
i
Linc 2020-10-24 08:43:33
Understood
Wind 2020-10-24 08:43:34
If you release its cause, that is, your emotional predisposition, the physical pain will disappear, but you don't need to consciously release the physical sensations.
sometimes you can't do anything about a result, a projective .
Linc 2020-10-24 08:44:08
good
A carefree life 2020-10-24 08:44:12
@Fengyou can't distinguish between different emotions, so you can't release them directly. Do you have to check an emotion chart before releasing them? Vanilla Ice Cream 2020-10-24 08:44:31

[Group chat history]

【

Wind: Before I went into seclusion, I wasn't entirely clear about the six steps either.

Wind: But during my seclusion and release, the six steps took me on a long journey through a beautiful life: Did it disappear?

.....

】

Asagao 2020-10-24 08:45:08

@Wind For example, if I see someone who makes me uncomfortable, and I become aware of that discomfort, I might find myself wanting to control or blame them. I might also feel sadness or anger rising in my chest or abdomen. If I can feel this emotion without asking myself three questions, can I leave ?

Wind 2020-10-24 08:45:51

If you have a little patience, it will be more effective to understand what emotion it is before releasing it.

(Vanilla Ice Cream, 2020-10-24 08:46:10)

@Linc | Look at the chat history I just posted; it contains Feng's answers last night specifically regarding body sensations and feelings. Feng 2020-10-24 08:46:13

The reason why mixed emotions appear mixed is actually because you are habitually suppressing them. (2020-10-24 08:46:24)

@GoodWind [heart]

Wind 2020-10-24 08:46:46

Noticing the desire for control and identification, allowing them to surface, allows one to immediately leave behind a carefree life. (2020-10-24 08:47:03)

@Wind Yes, there are many suppressed emotions. Wind 2020-10-24 08:48:18

So when you start to identify your emotions, you are allowing them to surface. Chloé • 2020-10-24 08:53:02

@Wind, isn't every desire a desire to control the wind? 2020-10-24 08:53:11

The desire for control is rooted in a desire for identification; the desire for identification is rooted in a desire for survival. Control is a rather superficial tendency.

Wuxin 2020-10-24 08:53:39

I remember discussing in the group that some people use the method of allowing release, but this can cause repression and isn't a true release method. Therefore, the word "allow" can only be used in these two situations within the process.

1 Allow it to leave

2 Is it right to allow it to be noticed ?

Linc 2020-10-24 08:53:47

@Feng Na If you are not aware of your fear of death right now, how do you want to begin? Feng 2020-10-24 08:54:12

Release the desire for control and identification that lies beneath it.

D 2020-10-24 08:54:14

@Feng , are you the China regional manager sent by Lester Levenson (The Sedona Method) ? [Winking face]

Wind 2020-10-24 08:54:18

And this is the
third step in the
six steps .
Allow it to be
noticed, allow
it to leave.

Roller Coaster 2020-10-24 08:55:16

The fear of death is also pushing you outwards, but it's covered by too many desires for control and peace.

Complete

Clear 2020-10-24 08:55:24

@When the wind is released, is that moment when you don't clearly perceive whether you want approval or control? Are you afraid of releasing the wrong thing?
The desire for approval is transformed into a desire for control, or the desire to control is transformed into a desire for approval. What to do in this situation? You find that anxiety and tension immediately arise in that moment.

I don't know how to proceed.

Roller Coaster 2020-10-24 08:55:27

You can directly
perceive the wind, which is
difficult to detect. (2020-10-24
08:57:32)

Feeling tense and anxious is a good thing
This indicates that another
program has appeared, allowing you to
release Qingxi (2020-10-24 09:00:53).

So this is where releasing control comes in, right? During the process, releasing tension and anxiety becomes ineffective. (Wind, 2020-10-24 09:01:34)

Allow your anxiety to surface.
Seeing it also makes me
want to control and
identify with it, and
then let it go.
Qingxi 2020-10-24 09:04:35

At this point, the priority should be to release the desires behind the anxiety, right? (Wind, 2020-10-24 09:07:29)

When feeling anxious, become aware
of whether you tend to control or identify with
it. (2020-10-24 09:08:57)

@Wind, another program emerges. At this point, should we disregard the previous desire that hasn't been fully released? How should we handle this situation?

@Wind, didn't you say that incomplete release
would leave obstacles for future releases? (2020-10-24
09:15:37)

When it comes to the basics, you need to put down what you're doing and focus. (Wind, 2020-10-24 09:15:40)

All that's needed is to
unleash the most superficial aspects of
the current era's Internet of Things
(2020-10-24 09:16:04)

Now that you've released your
pent-up emotions, you can focus on your thoughts
and do other things. (2020-10-24 09:16:33)

Now that a new program has surfaced, release it; don't suppress it. (Demon Head 2020-10-24 09:16:34)

I feel like I only needed to complete the first

step to release it automatically, it happened automatically,
that's amazing ! (2020-10-24 09:16:43)

Releasing someone
is a convenient thing. (Qingxi,
2020-10-24 09:17:39)

Then, continue releasing what keeps appearing on the surface, without worrying about whether the previous releases have finished. Just let what automatically reappear, right?

Wind 2020-10-24 09:17:47

Yes

October 24, 2020: Explanation of the fourth step of the release method - continuous release.

Wind 2020-10-24 09:18:02

Let me explain step four.

make release a constant

Because up until now, repression has been the norm for you.

So you ask, "Does this need to be released? Does
that need to be released?" Do you need to ask
questions like, "Do I need to breathe?"

Why don't you ask, "Do I need to
suppress this?" Because
suppression is your normal state.
Releasing yourself has become your abnormality.
You need to make release a constant,
everyday occurrence, like breathing. (Qingxi, 2020-10-24
09:20:38)

If too much is released, is it possible
for it to happen automatically? [Laughing] @风朝颜
2020-10-24 09:20:40

@Wind Everyone's emotions are different; some are particularly heavy, some are particularly light. What is the basis for your statement that we don't use years as a unit?
Wind 2020-10-24 09:20:47

Breathing wasn't automatic at first, and neither were your internal organs. Initially, you were consciously operating them, and only later did the process become automatic.

Three
months at
most , no
more.
Some people accumulate less
emotion, so it takes a few
weeks; others accumulate more,
so it takes a few months.
Three months
is the maximum . (Asagao,
2020-10-24 09:21:48)

Does one have to do absolutely nothing for three months and spend all their time continuously releasing energy? (Wind, 2020-10-24 09:21:59)

The process
will guide
you, and it
will continue
to release...
It doesn't necessarily mean doing
nothing, but the release cannot stop.
Once it stops, it's like an airplane
taking a run-up and then stopping.
You need to get it
running again. (Era of the

Internet of Everything,
2020-10-24 09:24:07)

This continuation is a bit hard to understand.

It's released constantly, but
it will be interrupted when something
happens. (2020-10-24 09:24:49)

Will you stop breathing?

Huang Qiuhua (Lingxi) 2020-10-24 09:25:14

@Wind , what kind of "release from
seclusion" are you referring to? Vanilla Ice
Cream 2020-10-24 09:25:18

I can feel that Feng has been sharing in the group these past two days, which is helping us get a head start in our training camp and has propelled us forward all at once.

stand up……

But you need to pay close attention to keep up with him.

The era of the Internet of Everything 2020-10-24 09:25:20

@风一语中的
风 2020-10-24 09:25:35

I just keep releasing

There isn't a special thing
called the "closed-door policy," the "era of
liberation," or the "Internet of Everything."
(2020-10-24 09:26:04)

Understood.

Lay a solid
foundation.
A strong
foundation
is crucial;
let good
habits
become
second
nature.

Wind 2020-10-24 09:27:04

make release a constant, let it become your new habit
Lester's point is to make releasing a habit, to
make it your new routine. This is the fourth
step: continuous releasing.

A carefree life 2020-10-24 09:27:37

@Wind, so you're just doing nothing else
but focusing on releasing things, right? Wind
2020-10-24 09:27:55

First, use all the time you can to
relax. Then you'll find that you
don't need to "do
anything"—things will happen
naturally.
You watched
the body move. (Qingxi,
2020-10-24 09:28:43)

What does it mean if something stops once?

It means consciously releasing it continuously, every moment, until it becomes a background element that operates automatically.

Does it exist?

Wind 2020-10-24 09:28:51

Therefore, you can release continuously
without needing to consciously manipulate
your body. Release is simply allowing
feelings to surface and leave.
Releasing once brings forth new feelings, and
then you release a second time—this is called
continuous release.
If you don't let the feeling leave you, but instead
suppress it, that's called stopping. It's that
simple.

You can tell for yourself whether it's being released continuously.

October 24, 2020: Don't use your own invented concept of "just awareness."

On October 24, 2020 09:35:07

@The wind's fear of death is like a fountain, never-ending. Should we just let it keep spewing like that?

Wind 2020-10-24 09:35:32

Does each release feel easier and more enjoyable? (Posted on 2020-10-24 09:41:14)

@Wind, yes, but after experiencing the fear of death, I discovered that even when I tried to control the fear of death and removed the control, the fear of death still surged forth.

It seems like it's never going to end.

I am now facing illness, which is almost tantamount to death . (2020-10-24 09:43:20)

If it's like a wave, then let it finish spraying and then fade away. (2020-10-24 09:45:05)

@Wind I feel like I'm sinking and curling up in the inner space of my lower abdomen, while fear is rising upwards. Wind 2020-10-24 09:45:29

Are you stuck?
Grateful for everything
2020-10-24 09:45:44
@Wind I don't feel it very clearly, but I can sense that behind the thought is a desire to control or a desire for approval. After realizing this, I burped. Does that mean I've released something?
Wind 2020-10-24 09:46:20
Hiccups are not considered a release
Hiccups are just a
bodily reaction . (2020-10-24
09:47:39)
@WindSees There's no card, only fear, and the fear of fear itself. If you try to control it, you can feel it, and you'll return to a superficial tension. Let go of control, and the fear will erupt again.
Wind 2020-10-24 09:49:10
Yes, the card I'm referring to is the one that stops releasing.
If the release doesn't stop,
then let it finish releasing;
once it's done, you'll be
free.
On October 24, 2020 09:49:42
@Wind I think it's not about releasing the fear of death as a "feeling," but rather releasing it as if it were real death.
[Facepalm]
Wind 2020-10-24 09:50:00
That's what
got stuck in Yan's
2020-10-24 09:50:25
But in reality, it's
the feeling of
[facepalm] fear.
On October 24, 2020 09:55:25
@WindPower , could you
elaborate? [Facepalm] Wind 2020-10-24
09:55:58
Use step six to
verify that I am Infinite
(2020-10-24) 09:56:57
I've discovered that my problem stems from wanting to control the emergence and development of any emotion I feel. (2020-10-24 09:56:13)
If every step brings you ease and joy,
then you are releasing; if you stop

releasing, then you are stuck.

In my experience, successfully releasing the fear of death once can bring immense peace and joy. (Zhang Fei, 2020-10-24 09:56:54)

@Wind If it's not stuck, then it's continuously releasing tension and feeling relaxed and happy? Wind 2020-10-24 09:57:32

Continue to release your feelings, continue to feel more relaxed and joyful. I spent the whole night yesterday explaining the six steps. You can refer to this.

Key 2020-10-24 09:58:28

What if the feeling of being stuck isn't released? I usually experience the pleasure of release. @风

Wind 2020-10-24 09:58:31

The six steps must be clear.

Once you understand it clearly, it will guide you on your path. (I am Infinite, 2020-10-24 09:58:55)

I've found myself becoming increasingly aware of the various ways I want to control my expressions. (2020-10-24 09:59:10)

Step 5: Release the desire to control it . (2020-10-24 09:59:11)

Seeing your words, I realized I had lost control over myself, very subtle control. It seems I've always been afraid to let go and allow the fear to fully erupt.

Zhang Fei , 2020-10-24 09:59:46

What does it mean to have a clear understanding of the six steps? Reviewing the six steps, do you feel the continuity of the process? (Wind, 2020-10-24 10:00:01)

If it can be used and continuously released, then you'll understand that I am Infinite. (2020-10-24 10:00:02)

Many times I'm aware of that tendency but don't recognize it, and I'm still mentally trying to control it.

Where

Wind 2020-10-24 10:00:16

By following these six steps, you can continuously release [the benefits] without exception.

You don't need anything else. I am infinite.

2020-10-24 10:01:45

I found that once I became aware of this tendency, I wanted to control it, and it naturally dissipated. (2020-10-24 10:01:54)

Yes

Once you recognize the desire to identify with and control something, you'll immediately have a natural tendency to let it go. (I am Infinite 2020-10-24 10:02:21)

But I didn't realize it before, because it wouldn't dissipate, even though I'd already noticed [laughs].

It would disappear before you even had a chance to

ask.

I am Infinite 2020-10-24 10:02:38

Yes

Grateful for everything 2020-10-24 10:03:45

As soon as I noticed it, it left;
sometimes it did, sometimes there was wind.

(2020-10-24 10:03:46)

This is the
third step, so
the usage
process...
Don't use your self-invented "just
awareness" approach; the process it
doesn't follow is already quite simple.
Allow yourself to become aware of your
feelings, to recognize whether it's a desire
to control or to identify with them, and then
let them go.
If you try to skip the process,
it might work once or twice, but
it won't always work because the
inertia of the mind is very
strong.
If you don't use this technique, your repressed habits will drag you down.

I am Infinite 2020-10-24 10:08:40
[Group chat history]
【 Wind: Not an idea, but a tendency to "want".
I am Infinite: The desire to control is also a tendency to want. Being aware of this tendency and releasing it is releasing the desire to control.
Wind: Yes...
】

I had an argument with my husband on October 24, 2020.

Grateful for everything 2020-10-24 10:10:49
For example, when my husband and I argue, do I consider arguing with him as a way to release my emotions, or do I realize that I want to control him and then follow a process to release them?
Wind 2020-10-24 10:11:21
Arguing is not a release, arguing is just an expression.
Grateful for everything 2020-10-24 10:11:37
What should I do? (Wind, 2020-10-24 10:11:52)
You can release gratitude for everything in this moment . (2020-10-24) 10:12:07
Ignore him?
Release it yourself? (2020-10-24 10:12:33)
You can either pay attention to him or ignore him.
The release method has no behavioral guidelines or restrictions.
Grateful for everything. 2020-10-24 10:12:48
Ignoring my suppressed mood 2020-10-24 10:12:50

As long as you
make sure it's being released,
that 's fine. (2020-10-24
10:12:58)

I've found that the order of awareness is also important. First, observe and see what you're aware of, then examine what feelings or desires you've perceived. I tend to approach awareness with a preconceived notion, such as wanting to be aware of feelings or wanting to control something, and then I observe with that thought in mind. It feels like doing this is suppressing something.

Vanilla Ice Cream 2020-10-24 10:13:24

Arguing is a result of
releasing the underlying causes of
conflict. (2020-10-24 10:13:43)

Hmm, let's see if this feeling is
an attempt to control or an acceptance of
gratitude for everything. 2020-10-24 10:13:55

I can sense that I
constantly want him to agree with me.
(2020-10-24 10:14:03)

This step is
"recognition"—o
nce recognized,
it dissipates.

Grateful for everything 2020-10-24 10:14:20

Then release it?

There's also so much I want to control my child .

(2020-10-24 10:15:09)

Yes. I realized that my starting point for self-awareness was a desire to control what I was being aware of, and it came with an effort to do so. (2020-10-24 10:15:31)

However, you must ensure that the first step is to ensure that your desire for freedom outweighs your desire for control and acceptance. (2020-10-24 10:15:44)

Otherwise you'll feel repressed and sulk. (Vanilla Ice Cream, 2020-10-24 10:15:59)

Always wanting to know "how to do it" is a form of control; once you release that control, you'll naturally know what to do and what to say. You need to put it into practice, not just...

Want to know

Wind 2020-10-24 10:15:59

Or they might argue, driven by a desire for control and validation, expressing themselves without allowing their emotions to surface.

I can do it in one step

Sometimes when I feel like arguing, I remind myself not to care about them, but to be free and let the wind blow. (2020-10-24 10:17:59)

Don't suppress your feelings.

Once I have a clear understanding of the six steps and the original process, I'll go into seclusion.

JianWang 2020-10-24 10:20:32

How long will the seclusion last?

I am Infinite 2020-10-24 10:20:43

I discovered that I was starting to clear away the control that was overlaying the release method, which was what was preventing me from releasing the wind. (2020-10-24 10:20:44)

From seclusion to freedom

JianWang 2020-10-24 10:21:05

Staying home in seclusion?

(Posted by Feng, 2020-10-24 10:22:49)

The method is clear; the next step is to help each

other and try to maintain its purity. Continue to
release your feelings, continue to feel more relaxed
and joyful. Yes, I'm heading towards freedom!

October 30, 2020: When you don't have programs you want to control, you'll be able to release them more easily.

Wind 2020-10-30 11:13:10

Without a program you want to control,
you'll be able to let go more easily;
all thoughts are driven by feelings.
All agflap experiences are driven by two things: the
desire for control and the desire for recognition .
These two processes are driven by one process: the
desire to survive (the fear of death).
If you say that you are neither mind nor body, if you can experience it directly, that will set you free immediately.

But this is unlikely to work.

Roller's translation of the Lester Levenson (The Sedona Method) audio mentions this point.

Theoretically, you could say, "I don't have the mind for that," and do it that way. But nobody does. Now , I've spent about a year trying to find a shortcut, a shortcut to freedom (I...). spent many a year

trying to think of a shortcut , a one shot way of going free, a one shot way of going free.

So, theoretically, you can simply say, "I am not this mind," if your will is strong enough to transcend everything; you can do it.

However, I've seen that many people actually use this method to stop releasing [the virus].

The six steps will lead you to the end, but we'll find many excuses to stop the six steps.

October 30, 2020, was simply the release of these two programs.

Wind 2020-10-30 11:29:26

Go use this method

Release the desire for control and identification, release the programs that cover the "fear of death," and then allow the "fear of death" to surface, releasing it completely.

Initially, you're releasing programs that desire control and validation; you're simply releasing these two programs.

When you release, those feelings, those thousands of thoughts about the body, disappear. When you release the deepest fear of death, your entire mind disappears.

Your sense of separation will dissipate, leaving only infinite existence. You will naturally come to identify with your infinite existence.

Is that clear enough?

October 30, 2020 touched upon the sense of separation beneath the fear of death.

Wind 2020-10-30 16:14:11

I touched upon the sense of separation beneath the fear of death; I knew I was nearing my end.

Tiancheng 2020-10-30 16:16:35

Is it the feeling of separation that leads to the desire to survive? (Wind, 2020-10-30 16:19:54)

Yes, it's this sense of separation from "my existence as a body". You desire to live and fear death because you feel "I am this body." If you knew you were infinite, you would not have the fear of death.
But you don't need to deliberately release it.
When you completely release your fear of death, the sense of separation will dissipate and your mind will become still.
What remains is infinity.

October 30, 2020 - Wind and Nature - Lester Levenson (The Sedona Method) 's lessons during his lifetime were not free.

Is it free?

Tiancheng 2020-10-30 16:26:06
What are your thoughts on this paid sharing service? (Wind, 2020-10-30 16:26:08)
My personal hope is that this can be shared for free, but that's up to you [laughs] because these things were restored through the selfless dedication of many people.

I only did some of the work
There are two reasons why I want it to remain free.
One issue is that there are already too many liberation organizations available today, and none of them are about awakening. I see free access as a way to ensure its purity.
The second reason is that, for yourself, charging fees can actually hinder your growth—that's my point of view, but they're not mandatory.
You can still choose to do what you want. Finally, continue to release your pent-up emotions and follow the six steps.

Tiancheng 2020-10-30 16:29:44
Were Lester Levenson (The Sedona Method) 's lessons actually paid or free during his lifetime? (Question asked by Feng on 2020-10-30 16:30:01)
It was free at first.
Later, few people came to listen, and even those who did didn't use the service. Later, a paid service was introduced. (Tiancheng 2020-10-30 16:30:49)
Um

October 30, 2020: The Wind and Nature — The Living Conditions of the Wind at That Time

Tiancheng 2020-10-30 16:33:01
So how are you living now ? (2020-10-30 16:33:17)
Before I went into seclusion, I was a freelancer , doing odd jobs in IT and data analysis. Now I just live off what I have.

Tiancheng 2020-10-30 16:34:01
get everything by releasing only
How do you feel about your experience and practice with this? (Wind, 2020-10-30 16:34:21)
I'm already living in it.

I haven't accepted any red envelopes (cash gifts) from others, or I've returned them because I feel I can't accept them. This feeling is an intuitive knowledge because I don't need to think about money. Money has lost all meaning for me since the last time I left the country.

Tiancheng 2020-10-30 16:36:40

Could you describe your current lifestyle to me? (Wind, 2020-10-30 16:36:52)

Yes, you're in Suzhou, right? (Tiancheng, 2020-10-30 16:36:53)

It's like Lester Levenson (The Sedona Method) drives a car, and someone makes room for him in the parking space. (Tiancheng, 2020-10-30 16:36:56)

Yes

Wind 2020-10-30 16:37:03

I was also in Suzhou a couple of days ago.

I stayed at a hotel near Jinji Lake without paying any money. (Tiancheng, 2020-10-30 16:38:01)

How did you do that?

I know you probably meant to say through release, right? (Wind, 2020-10-30 16:38:19)

Initially, I accomplished everything through release. Later, I cleared away most of the desire for control and identification and began to focus on the fear of death.

So I released a lot of my fear of death.

An indescribable sense of security enveloped me.

At this point, all I need to do is have a thought, and things will happen; I don't even need to consciously release it.

Wind 2020-10-30 16:39:57

I wanted to find a place to release my pent-up emotions, so I went to the place I ended up in and moved in.

Tiancheng 2020-10-30 16:40:12

Oh, so you were in seclusion in Suzhou all along? (Wind, 2020-10-30 16:40:17)

So money really lost its meaning for me. Yeah, the first time was in Shanghai.

Tiancheng 2020-10-30 16:40:33

How did you actually end up staying at this hotel for free? (Posted by Feng on 2020-10-30 16:40:40)

Later, my friend came back, so I left his apartment in Shanghai and went to Suzhou.

I can't explain how it happened. (Tiancheng, 2020-10-30 16:41:32)

What are the superficial

causes and conditions ? (2020-10-30
16:41:45)

I know you want to know "whether there are any hotel events or anything like that." (2020-10-30 16:42:01)

But that's not actually the case.

Do you want to know how things
appear in other people's eyes?

Tiancheng 2020-10-30 16:42:27

right

Wind 2020-10-30 16:43:07

I just saw that image, and then it happened.
I've been living there ever since;
that house has always been reserved
for me. This might sound unbelievable.

Tiancheng 2020-10-30 16:43:42
right
How did you get
the room key ? (2020-10-30
16:44:01)
The waiter
gave me Tiancheng on
2020-10-30 at 16:44:11
Didn't they ask
you for money? (Wind,
2020-10-30 16:44:12)
I think he probably couldn't explain to himself why he did it.

Wind 2020-10-30 16:44:30
In his view, perhaps it was just a
strange impulse that drove him. (2020-10-30 16:44:53)
It's just one
thing; in fact,
it's quite
natural, and you
can do it
naturally.
It doesn't take long
After a few weeks of release, you
can do these things, and I
actually don't need sleep or food
anymore.

October 30, 2020 - Wind and Nature - Tiancheng's Address

Tiancheng 2020-10-30 16:49:47
When do you plan to go into seclusion?
May I see you before you go
into seclusion? (Wind, 2020-10-30 16:50:07)
It won't be long, maybe
a day or two after I go
into seclusion.
My seclusion won't last too long.
If you're still in Suzhou, I'll
see you soon. (Tiancheng, 2020-10-30
16:51:21)
I am in Suzhou

Tiancheng 2020-10-30 16:51:33

Phase I of Sino-Singapore Science and Technology Industrial Park

No. 8 Zhanye Road, Wuzhong District, Suzhou City, Jiangsu Province

Tiancheng 2020-10-30 16:53:03

Was your last retreat location around this area? (Tiancheng, 2020-10-30 16:53:49)

(o) Wow

Wind, I'll be waiting for you in Suzhou after you go into seclusion.

I hope I can meet you. (Wind, 2020-10-30 18:29:36)

Um

Three states as of October 30, 2020

The right path 2020-10-30 18:55:19

Also, I've found that after releasing something on a deeper level, such as releasing the desire for control, a lot of desires for validation surface. At this point, defensiveness kicks in, and I'm afraid to face and release it. Especially yesterday, the fear of death surfaced; I was so scared I tried to sleep, though I didn't, but I was afraid to wake up and continue releasing it.

Wind 2020-10-30 18:55:49

It's just a feeling.

The right path 2020-10-30 18:56:42

I can't handle it anymore, I just want to escape . (2020-10-30 18:56:50)

Allow it to leave

The right path 2020-10-30 18:57:58

I tried to control myself for a few days. At one point, I felt that nothing in the world was meaningful, and I had no motivation whatsoever. Then I got stuck, and after that, the desire for validation came out in a lot more.

The right path 2020-10-30 18:58:22

I still feel unmotivated to do things, probably because I usually force myself to act according to societal norms.

already

Wind 2020-10-30 18:59:30

sense of helplessness

The right path 2020-10-30 19:01:54

@Wind didn't sense any helplessness. It seems like all actions are based on a desire for approval and control, a desire to survive. It feels so meaningless. I used to go out every day to read, work out, and wash my face [laughs]

Wind 2020-10-30 19:02:20

Look for the word "meaningless" on the emotion chart.

The right path 2020-10-30 19:05:42

@The wind doesn't have the word "meaningless." There's a word that conveys a similar feeling: "What's the use?"

Wind 2020-10-30 19:05:53

Haha, this is it!

Where is meaningless? Utter despair.

@Feng is a little unable to accept it; after venting for a while, her emotions are still at a very low level .@

Wind 2020-10-30 19:08:23

You're just stuck there. If you're unwilling to look, you'll remain stuck. (I am Infinite 2020-10-30 19:14:13)

I suddenly realized that utter despair stemmed from wanting to control something but being unable to, from still wanting to control, from still yearning to control, if only I could.

Qian2020-10-30 19:18:09

@IamInfinite. I tried my best, but still... IamInfinite 2020-10-30 19:18:22

@Qingxi I realized why I was stuck . I was already aware that I had this emotion , but I didn't know it was an emotion ; it was just utter despair . Today , I suddenly realized and became aware of it .

He said it. [Covering mouth]
Wind 2020-10-30 19:18:51
Utter despair is one of the most easily overlooked emotions . (2020-10-30 19:18:54)
@IamInfinite, have you released all your despair? IamInfinite 2020-10-30 19:18:55
Then I felt a urge to control, something I've always wanted to control. (Qingxi, 2020-10-30 19:18:56)
Yes, utter despair, even when forced to give up, there's still a desire for control and a yearning for control. (Wind, 2020-10-30 19:19:03)
Because you're too used to it.
Therefore, I used it as a background image . (2020-10-30 19:19:22)
Yes, I don't see any problem at all. (I am Unlimited 2020-10-30 19:19:39)
@Mowowo just felt utterly hopeless, and then just felt that hopeless desire to control. This desire to control became a background desire, but it can never be satisfied.
Wind 2020-10-30 19:20:05
Utter despair is most easily confused with tranquility. (I am Infinite, 2020-10-30 19:20:11)
I realized that I've lived my whole life with utter despair and a desire for control as my backdrop. (Nausicaä of the Valley of the Wind, 2020-10-30 19:24:29)
So true, so true, it's a very helpless feeling. (Qingxi, 2020-10-30 19:25:44)
This is too well hidden.
This attempt to control it is too subtle.
That's some serious brain teasers, the kind who can drive you crazy. [Crying] I am Infinite 2020-10-30 19:41:52
I thought I had overcome my arrogance, but it turns out I'm still utterly despondent. [facepalm]

Wind 2020-10-30 19:42:28

In fact, a person can know what state they are in. Lester used three states to describe this. Utter despair, sorrow, and fear belong to the "possession state." In this state, you equate happiness with how much you possess. Greed, anger, arrogance, and fearlessness belong to the "action state." Here, you believe that happiness lies in action. Most of the people we consider successful in the secular world are in this state.

I am Infinite 2020-10-30 19:44:53

So I am still in that state, because I still want to possess the infinity I am.

(2020-10-30 19:45:12)

I can't imagine why those action-oriented people have so much energy.

Wind 2020-10-30 19:45:17

Compared to a state of extreme scarcity, they have more motivation, but they are also somewhat destructive. In fact, I feel that self-esteem and pride are a kind of protective coloration for the fear of survival.

Those who are in a state of acceptance and peace are in a state of "being." (Qingxi, 2020-10-30 19:46:07)

I feel the same way!

[Facepalm] Wind 2020-10-30 19:46:11

Simply existing is happiness; there's no need to do anything else, nor to possess anything else. (Qian, 2020-10-30 19:45:35)

Actually, I feel that pride and arrogance are largely a protective shield against the fear of survival. (Wind, 2020-10-30 19:45:56)

Those who are in a state of acceptance and peace are in a state of "being." (Qingxi, 2020-10-30 19:46:07)

I feel the same way!

[Facepalm] Wind 2020-10-30 19:46:11

Simply existing is happiness; there's no need to do anything else, nor to possess anything else . (2020-10-30 19:46:25)

This is a video Lester Levenson (The Sedona Method) discussed about three states of mind. (2020-10-30 19:47:51)

At the top is absolute tranquility,
undisturbed by anything— that is freedom.
It is omniscient,
omnipotent,
omnipresent, and
infinitely
existent.
As long as you are not omniscient, omnipotent, or omnipresent, you have not yet reached that point.

October 30, 2020 - Wind and Nature: Those who are immersed in pain are too easily satisfied.

Tiancheng 2020-10-30 22:21:10

Actually, I knew I had
stopped releasing [the
pent-up emotions].
I started seeing
your posts and was
feeling frustrated
at the time, which
helped me to release
my negative emotions
and improve my mood.
My current situation is
much better than before,
but I know I've stopped.
I stopped progressing;
there was no sustained momentum.
(2020-10-30 22:22:23)

Yes, it's easy to stop.
People who wallow in pain
are too easily satisfied . (2020-10-30
22:22:46)

right
I have a lot of experience with this.

on October 30, 2020 , because the world doesn't work the way you think.

Wind 2020-10-30 22:46:54

The desire to control and the desire to be recognized are just two tendencies [laughs]. Do you want to be recognized by others? Do you want to be respected? Do you want to be loved? Do you want attention? A free spirit~

Hu Limin 2020-10-30 22:47

Want

the wind 2020-10-30 22:47

These are all things that want to be recognized.

A Free Spirit ~ Hu Limin 2020-10-30 22:47

good

Wind 2020-10-30 22:47

When you don't receive recognition, you develop a desire to control your freedom. ~ Hu Limin, 2020-10-30 22:47

How do we release this wind?

(2020-10-30 22:48)

You feel you don't get recognition because the world doesn't work the way you want it to, and you expect others to do what you want.

A Free Spirit ~ Hu Limin 2020-10-30 22:48

yes

Wind 2020-10-30 22:48

You want things to work the way you want; this is a desire for control.

A Free Spirit ~ Hu Limin 2020-10-30 22:49

I just want to control the wind.

(2020-10-30 22:58)

That's not how it works.

(2020-10-30 22:59)

Rather, when you release the desire to survive, you also release some

of the desire for recognition and control that are on its surface.

However, if you don't release enough of the desire for control and identification, the desire to survive (the fear of death) won't surface so clearly for you to release.

You will subconsciously
suppress it, avoid it,
and be unwilling to look
at it.

Let's review

October 30, 2020 - Wind and Nature - If you want to control this mental conflict, it will...

It makes you very tired

Tiancheng 2020-10-30 22:24:57

Do you need to
sleep now? (Wind, 2020-10-30
22:25:08)

I don't need to
sleep now. (Tiancheng,
2020-10-30 22:25:28)
Are you energetic?
When did you stop needing
sleep ? (2020-10-30 22:25:46)
So energetic that he even had to run a lap on the overpass to release his pent-up emotions.
I started my retreat a week after my
first release. (Tiancheng, 2020-10-30 22:26:26)
When you're in seclusion, do you
avoid contact with the outside world? (Feng,
2020-10-30 22:26:36)
I have no contact
But you don't
necessarily have to do that.
(Tiancheng, 2020-10-30 22:27:01)
I want to continue releasing
energy at night, not sleeping. (2020-10-30
22:27:05)
If you absolutely must
maintain contact with the outside
world, then... (Tiancheng, 2020-10-30
22:27:11)
Do you think what I'm doing is feasible?
This happened naturally,
don't try to control it . (2020-10-30
22:27:26)
If you try to control it, this mental conflict will make you very tired.
As long as you continue to release your desire for control and identification, your body will unleash an inexhaustible surge of energy. This surge of energy may even overwhelm your body.
So you need to go for a
run to release your
energy, and then you'll
naturally stop sleeping.
You don't need to
deliberately resist
sleep.
Just use your time to release as
long as you're awake. If you're

not tired, then keep releasing,
one time after another.
If you feel tired, sleeping won't
affect your release; I'm just
stating that.
If you use all your waking hours to do it, you'll progress very quickly.
I vaguely remember Lester saying in an audio recording that if you release before you go to sleep, you're still releasing at the astral level in your dreams.
So, you can sleep. You don't need to
deliberately stay awake. When you
release all your energy, you will
naturally stop sleeping. Is that clear
enough?
Tiancheng 2020-10-30 22:33:08
Clear
This time I've decided
to truly put it into practice.
(2020-10-30 22:34:09)
Go ahead, best
of luck ! (2020-10-30
22:34:47)

Yes, why not take this method to its fullest potential? It can bring you even greater benefits.

Wind 2020-10-30 22:34:09

Go ahead, best of luck ! (2020-10-30 22:34:47)

Yes, why not take this method to its fullest potential? It can bring you even greater benefits.

October 31, 2020: Unleash your desires and let the whole world become your water cup.

Wind 2020-10-31 09:21:10

Most things will happen the way you want them to.

When you move towards acceptance and even peace, almost nothing is impossible.

Of course, when you reach the ultimate tranquility of imperturbability , you will be omniscient, omnipotent, and all-encompassing.

Wind 2020-10-31 09:23:42

Your "want" will weaken, and your "decision to obtain" will increase. By releasing your "want," you will feel a sense of possession.

When you release all desires, you will feel that you possess the entire universe. At that moment, you will want to do one thing, like picking up a table.

Like the water cup on the table

Do you need a strong "want" to pick up your water glass? No, you just need to decide to pick it up.

Unleash your desires and let the whole world become your water cup—you can pick it up whenever you want.

At this point, you won't want to save, because everything is yours, so why would you save anything?

You will only create it when needed.

Edited by Omi on June 22, 2022

Wind’s（Feng）talk on Lester Levenson （The Sedona Method）

Chat Log *3*

2020.11

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2020-11-07 I kept deciding to do something to release myself.

Wind 2020-12-07 10:25:22

If you make releasing things a habit, you'll feel that suppressing them is what you need to work on . (2020-12-07 10:25:42)

Before that, just keep deciding to do the release.

On November 7, 2020, two events that defied the laws of matter occurred when I encountered the sense of separation.

Wind 2020-11-07 17:12:28

The current situation is as follows:
The fear of death will
continue to develop if I
insist on living the way I
used to.
Then I will continue to
develop a fear of death; I
must identify with every
person and every thing.

Bethlehem Star 2020-11-07 17:15:04

There's no
going back to
the past,
there's no
going back.
I can only go all
the way to the
finish line; every
time I stop, I feel
pain.

Wind 2020-11-07 17:16:27

My guess is this.

Bethlehem Star 2020-11-07 17:16:32

I am also increasingly experiencing the fear of death.

(2020-11-07 17:16:47)

I experienced two events that defied the laws of matter, both occurring when I encountered a sense of separation—a sense of separation, which I will describe in more detail.

It's that feeling of identifying with a finite thing as "mine." (2020-11-07 17:17:38)

sense of limited ego

Bethlehem Star 2020-11-07 17:17:56

An unnatural feeling

I'm increasingly feeling unnatural being my little self. (2020-11-07 17:20:07)

This experience is still very enjoyable. (Bethlehem Star, 2020-11-07 17:20:16)

Let's talk about those two things. (Wind, 2020-11-07 17:20:29)

One thing I just told you

Another thing is that one day I was watching the sunset from the window and releasing...

Wind 2020-11-07 17:21:09
Suddenly the
sunset was incredibly
beautiful . (2020-11-07
17:21:33)
However, I felt a little
regretful because my
attention wasn't on it at
the time.
Then realizing this was an attempt to control, I immediately released it.
Then, I had a thought: I wanted to watch it again.
At that moment, the sun suddenly moved back a
little, and I felt like the whole world was rewinding. (Bethlehem
Star, 2020-11-07 17:22:48)
Replay
Wind 2020-11-07 17:22:53
It returned to its previous state; the sunset
reappeared, like a dream. (2020-11-07 17:23:13)
It dawned on me later—could this be
a time reversal? I'm not comfortable
sharing this kind of experience with
too many people.
If you have a similar
experience, you might understand .
(2020-11-07 17:24:14)
I told my friend that although he didn't think I would lie, he
wondered if I hadn't slept well and was confused. (Bethlehem Star, 2020-11-07
17:24:24)
Haha, if you say it out loud,
they'll treat you like a god,
haha, that's possible.
How much longer do you think
you need now ? (2020-11-07 17:27:28)
I felt that fear of death and the sense of
separation always lingering within me. (2020-11-07
17:27:34)
I thought I'd be done
once I dealt with it,
but this part always
seems to stop.
Well, although I still have a body, this peace and tranquility makes
me very reluctant to move forward. (2020-11-07 17:29:05)

However, these two things did give me some motivation to not want to become this body. (Bethlehem Star, 2020-11-07 17:29:15)

I believe you won't stop.

Be beingness only

This is the ideal state . (2020-11-07 17:29:56)

Yeah, I have to finish this. I can't make this mistake again. I don't want to go back.

Bethlehem Star 2020-11-07 17:30:46

I haven't experienced this beingness, but I really want to experience it. (2020-11-07 17:30:54)

Yesterday I reflected on my life, and oh my god, what a hellish existence I've been living! (Bethlehem Star, 2020-11-07 17:31:46)

I'm starting to feel
that I wasn't really
living before.
Wind 2020-11-07 17:33:07
I want omniscience, omnipotent,
omnipresent
Omniscient, omnipotent, and omnipresent
Especially omniscience; my lifelong
thirst for knowledge has been truly intense.
(Bethlehem Star, 2020-11-07 17:33:34)
Never accept inferior
Me too, I want to know
everything, without having to think .
(2020-11-07 17:34:31)
Then, the superpower I used to want
most was teleportation . (2020-11-07 17:34:46)
A single thought,
and you can go wherever you want.
(Bethlehem Star, 2020-11-07
17:35:20)
Actually, you don't even need
to move; you're already there. (Wind,
2020-11-07 17:35:26)
Thinking about it this way, what
would it feel like to have
omniscience, omnipotence, and
omnipresence without being a
physical body?
I really want to experience it.
Bethlehem Star 2020-11-07 17:36:29
Absolutely worth it
Unwilling to
change anything 2020-11-07
17:38:32
Release, release,
keep going Bethlehem Star!
2020-11-07 17:39:08
Everything else is
unimportant, especially the
fear of dying.
Wind 2020-11-07 17:39:41
These six steps will

definitely get us to the
destination; don't delay.

Bethlehem Star 2020-11-07 17:40:10

Uh-huh

To be the smartest person

2020-11-07 Guided release stuck

风 2020-11-07 18:10:18

你能放下对它的想要控制吗？

D 2020-11-07 18:10:20

卡住了

风 2020-11-07 18:10:25

你想一直控制这个卡住，和它纠缠到底，还是想要自由？

D 2020-11-07 18:10:30

想要自由
风 2020-11-07 18:10:36
现在你能看到这个想要控制吗?
它离开了吗?
D 2020-11-07 18:10:40
离开了

Wind 2020-11-07 18:10:50
This demonstration shows
the first step of the
six-step usage.
If you get stuck, use step five.
If you are unwilling to release, then take the first step.

from November 8, 2020 is an auxiliary tool.

I am Infinite 2020-11-08 00:38:15
Do you think it's better to use an emotion chart to find your feelings, or to simply experience your current feelings? @风风2020-11-08 00:38:26
The mood chart is an aid.
Using an emotion chart can be
helpful for newcomers at first,
because most people rarely
engage with their own emotions
and tend to suppress them.
Treating emotions
as if they weren't is my
infinite 2020-11-08 00:38:40
right
Force 2020-11-08 00:38:55
Thinking I'm so
tall? (2020-11-08) 00:38:59
[Laughing][Laughing][Laughing]
Wind 2020-11-08 00:39:26
So when someone asks me what I do when I'm not in a good mood, I ask, "How are you feeling?" They say, "It feels meaningless."
Then I said, "Find out where
'meaningless' is on the emotion chart.
Look at it; it's utter despair."

I am Infinite 2020-11-08 00:39:41
[Laughing]

Wind 2020-11-08 00:39:40

Then, experience it again and see.
He can then access his
own emotions; an emotion
chart is a very good
aid.

I am Infinite 2020-11-08 00:39:49

suffered for so long. It's too easy !

What effects can the release method achieve? (November 8, 2020)

Wind 2020-11-08 15:26:15

With each release, don't you feel your entire mind and body system calming down? Release techniques can achieve all those benefits.

I am Infinite 2020-11-08 15:26:30

No... Did I still use a fake release method? [Facepalm] Wind 2020-11-08 15:26:39

How delightful!

首先是呼吸系统，会自然变得绵长通常这是在释放之后的体验
然后心灵上安静下来的同时，整个身体会放松下来精力会流动
持续释放到后面，每一次释放都会给你提供一个很充沛的精力第六步就是你每次释放都会更愉悦

literal meaning

on November 8, 2020, is based on an understanding of sensation.

Wind 2020-11-08 18:13:16

However, Lester said he invented the method not in a rational mind. It is not based on the mind (mind) , but on the understanding of feelings .
He said, "I can't explain to you what an orange tastes like. If I give you an orange and let you eat it, you'll know. So it needs to be experiential."
Then, the first principle is, don't believe things until you prove them to yourself. nothing until you (Prove it to yourself)

2020-11-10 We need to use expression to release [the pent-up emotions].

Wind 2020-11-10 09:29:11

I also listened to about Releasing
suddenly reminded me of my own experience with this.
However, it was not emphasized.
But I found that Lester Levenson (The Sedona Method) emphasized this.
In the In the video , he emphasized that you should use expression to unleash your potential.
(2020-11-10 09:29:30)

I have this experience, but it's easy to overlook it, just like me. Although I've had some experience, I didn't know how to use it. I didn't apply it to other situations, and I didn't thoroughly understand it. But this is extremely important.

wind 2020-11-10 09:29:50

In *Beingness*, he emphasized that you must first accept smoking, and then it becomes easy to release [the urge/feeling].

(2020-11-10 09:30:04)

Because people usually strongly suppress their expression. Furthermore, the common perception is that expression is not a form of release, which prevents people from expressing themselves. Nowhere has it been said that expression is the first step in release.

Wind 2020-11-10 09:30:31

This is a mental conflict

If you feel utterly hopeless and don't want to move, but you force yourself to get up and take action, you are suppressing your despair and preventing it from manifesting.

You're using all your energy to suppress your feelings.

2020-11-10 I dare not imagine that I might be in a state of utter despair and fear.

Wind 2020-11-10 10:13:09

If the "twists and turns" you're referring to
are things that bother you, then there's no such
thing as things will work perfectly if you
completely let go.
It won't bother you.
That kind of "twist" is the result of your incomplete release in this matter.

jing.jing 2020-11-10 10:13:37

@Wind means it won't happen immediately;
it will be a bit difficult for it to happen .
(2020-11-10 10:13:53)

Then it wasn't fully released.
You haven't released all your feelings
about this matter to the level of fearlessness.
(2020-11-10 10:14:18)

If you release it, you won't feel frustrated.

jing.jing 2020-11-10 10:1:0

@FearlessWind, can emotions like these occur
effortlessly? Wind 2020-11-10 10:15:28

Yes
If you don't have any hidden negative emotions, it won't be difficult.
Fearlessness is the ability to take effortless action
at any time to achieve your goals without hesitation
or resistance.
Acceptance means things will happen
perfectly naturally, without you
even needing to take action.
Peace is when you feel time stands
still, and things come and go
without affecting your state of

mind.

jing.jing 2020-11-10 10:17:14

@Wind, for target release, is releasing it to at least Fearless enough? Wind 2020-11-10 10:17:20

Calmness is what Lester called the pinnacle, transcending the fear of death, where nothing can disturb you until you achieve liberation.

Release until things fall in front of you

jing.jing 2020-11-10 10:18:01

You just said that anything above the level of fearlessness would definitely happen without difficulty. (2020-11-10 10:18:05)

Because you may have some repressed emotions that you don't acknowledge, you need to constantly release them if things don't go your way externally.

Until external realization

Lester Levenson (The Sedona Method) said it was possible.
But don't believe him. Go and
verify for yourself. (I am Wuxian ,
2020-11-10 10:19:18)
I dare not think
it, so I dare not express it.
(2020-11-10 10:19:38)
No
Not daring to think about it might
be a state of utter despair and
fear. If you force yourself to
think about it, it will only lead
to repression.
Feeling sleepy during release
usually means you want to escape your feelings.
(2020-11-10 10:26:48)
It's very simple,
just allow yourself to sleep .
(2020-11-10 10:26:55)
Release the
wind after waking up
2020-11-10 10:27:00
This will make you sleep less and less.
10:29:47
When there's no
obvious emotion, Feng 2020-11-10
10:29:48
It's impossible for you to be without emotions.
Liu Ruogang (Runtu) 2020-11-10 10:29:51
According to the table, in the beginning, you only need to express your desire for recognition and control. Once these two aspects reach a certain level, you can then extend upwards.
Wind 2020-11-10 10:29:57
That is an inconspicuous emotion.
vague feeling
No, releasing the desire for
control and identification is
an advanced course in Primal
Release.
Watch the first and fifth lessons of the 1992 Liberation Law
In other words, emotions exist anytime,
anywhere. It's just that after vaguely

releasing the "want," the first release is
the desire for control and validation,
followed by the release of the desire for
security that drives the desire for
control and validation.

jing.jing 2020-11-10 10:33:12

@Teacher Fengfeng, have you ever had a time when the dominant emotion you felt was anger? Feng 2020-11-10 10:33:33

Yes, they've all
released all the
keynotes and
experienced them
all.

jing.jing 2020-11-10 10:34:30

@Wind, you started using the original release method two years ago. Why wasn't it as effective then as it is now? Wind 2020-11-10 10:35:11

It worked very well for me two
years ago, but after stopping
for six months, the release
lasted for a week.

I am Infinite 2020-11-10 10:35:26

Oh, right, there's a question I haven't asked yet. You mentioned that when translating materials in the group, you gained a clearer understanding of some previously overlooked aspects.

It's clear now, what
does that mean?
@Fengfeng 2020-11-10
10:36:00

I had roughly two
ideas about the first
and second steps
before.
One is that the first and second steps are things that should
be "shelved," meaning beginners shouldn't consider them. The
other is that the first and second steps must be done,
otherwise it's difficult to achieve mastery.
I used to struggle with which of
these two was right. Often, once
you express laziness, you can
release it. You can try it.
When you allow yourself not to
release, you will spontaneously
release without resistance.
It's not that I'm allowing myself not to
release anything, but rather that I'm allowing myself
to be too lazy to release anything. (2020-11-10
10:38:23)
The key is to bring out this lazy state.

2020-11-10 Expression is the beginning of release, not a substitute for release.

Wind 2020-11-10 10:56:10

Lester said that expression is the beginning of liberation.

Instead of using
expression to replace release,
here it is (2020-11-10
10:56:15)

Expression
cannot replace the release of
wind. (2020-11-10 10:56:25)

let the things come out

I've said it again and again: I'm certain you won't find freedom in this world. This world pulls everyone down too forcefully, dragging things into worldly ways. You need to get out of that pit, work together as a group, and use your

expressions to liberate yourselves.

"In the world, when you want to go out, you have to suppress it, or you'll be killed. If you express anger to the wrong person, he'll shoot you. In California, there are hundreds of police officers patrolling the streets to stop gunfights. Yesterday, three people were shot and killed in Los Angeles. You can't stop it outside. But here you have a very good opportunity to express and release, to move forward, to move upward."

Let's review the way
In the midst of 2020-11-10 10:56:38
Expression is the surfacing of emotions.

Rather than

expressing it to

others, this is

theoretical.

But in practice, it's often expressed to others [facepalm]

When expressing yourself to others, you can use techniques, such as simply telling them how you feel right now, instead of retaliating.

[Facepalm]
Wind 2020-11-10 10:57:00
He's not saying you have to be present everywhere you go.
(2020-11-10 10:57:08)
Whether something is repressed or not depends on whether it's repressed internally, not on whether there are external actions or not. (2020-11-10 10:57:24)
There is a table in the course.
【picture】
Write down where you feel suppressed, where you express yourself, and then release your emotions.
The discussion above was a bit disorganized, so let me summarize it briefly, introducing the concepts of "with awareness" and "without awareness" into this discussion.

不过莱斯特先生的意思，是我们有四种处理情绪的方式第一种最糟糕，
叫压抑
第二种稍微好一点，叫逃避 第三种是释放的
开始，叫表达
而我们要做的是第四种，叫释放
因为表达是释放的开始，所以你会发现，如果你不允许它表达，你会持续把它压抑在下面

Don't introduce the concept of awareness, because sometimes this kind of "aware expression" actually implies a kind of repression. Theoretically, awareness is good, and I know that pure awareness... However, introducing these concepts actually confuses these simple teachings. Lester's meaning is quite simple.
You need to allow yourself to express yourself, and then you can let go. Allowing yourself to express yourself doesn't mean you have to finish expressing yourself.
For example, you might want to get angry, and at that moment you subconsciously want to suppress it through some method or even a release technique. Now you allow yourself to express it.

You might become aware of it the moment you allow yourself to express it. The moment you're about to get angry, you find yourself releasing it.

You don't need to finish expressing yourself, yes, that's often the case.

In the midst of 2020-11-10 10:58:18

Understandable

People are free when they are not repressed.

You can choose to simply release it, or choose a way to express it to someone else.

When people are suppressing their emotions, they are not free; they may even feel more angry, but they don't express it, or perhaps if they did, it would be...

It is distorted.

Wind 2020-11-10 10:58:25

Yes, when you're not suppressing your
feelings, you can choose to express or
release them. In fact, if you've actually
tried it, you'll find that...
You might express
a little bit and
then be able to
release it
immediately.
If expression is not allowed, it may never be released.
For example, if you can't sit still but force yourself to sit there

and release, you might be stuck there all day, struggling with the situation.

At this point, simply allowing yourself to stand up
and walk around might help you release the tension.
Those who have truly experienced this will
understand.
It may not be fully expressed.
Sometimes you're all geared up for an argument, and suddenly
that feeling comes over you, you feel released, you leave, and
then you don't want to argue anymore.
In the midst of 2020-11-10 10:58:50
Just don't
suppress it . (2020-11-10
10:59:13)
As for desire, it's basically something you become aware of and can release
immediately.
standligt 2020-11-10 10:58:26
Furthermore, many teachings say that everything is perfect in the
present moment. From what aspect does a person who has realized this develop the
desire to ″ want ″?
Wind 2020-11-10 10:59:33
There are two possibilities
One type is to suppress heavy emotions deep inside.
Another type is when you truly clear your subconscious and
reach a level of acceptance, you'll feel that everything is
perfect and you'll want to stay there and maintain that
feeling.
And this is something that wants to control
If you release what you want to
control, it will continue to rise
and the release will not stop.

Until the destination is reached
Lester's ultimate goal is
omniscience, omnipotence, and omnipresence,
which emptys all the mind, leaving only
infinite existence.

standligt 2020-11-10 10:59:50
Because you can't imagine a world where everyone is enlightened. Would that world be free of contradictions? Free of conflict?
Is it all over?

Wind 2020-11-10 10:59:00
We don't need to imagine this.
If you don't believe in enlightenment, at least you
can experience how liberation can improve your life.
Everyone applies it to different degrees.
standligt 2020-11-10 10:59:10
@Wind I've read Byron Katie's books before. Her teachings seem to strip away all mystery. She doesn't talk about wish fulfillment, but simply says that everything is just a story of the mind. If you don't believe, you're enlightened. If you believe, you're obsessed.

Wind 2020-11-10 11:00:08
That's other teachings.
Lester does not recommend that students incorporate the teachings of others into his own, including those of the Self-Awareness Fellowship.
Yogananda is a certified Awakened One from Leicester.

standligt 2020-11-10 11:01:09
Lester's teachings have a mystical quality, which I find difficult to accept.

Wind 2020-11-10 11:01:21
Your feelings might be different from mine. I think Lester Levenson (The Sedona Method) is the least mysterious; he has eliminated almost all the mystical elements of religion.
Furthermore, he said,
"Don't believe me, go and verify it yourself."

standligt 2020-11-10 11:01:36
This verification is impossible to define scientifically. @Feng For example, yesterday JD.com had a book coupon giveaway. I tried to claim one, but I didn't receive it. Did this mean my claim was unsuccessful or that the claiming was ineffective?

Wind 2020-11-10 11:01:50
Have you released all your feelings about it as required?

standligt 2020-11-10 11:01:55
If it fails, it means I didn't release it properly; if it succeeds, it means I released it properly. That's not...
It is science.

Wind 2020-11-10 11:02:06
subjective science
However, the advantage of the release method is that you don't need to worry about how much you've accomplished; you just need to confirm how

much you've done.
Since he doesn't want you to
believe, then just don't believe
him. Not believing won't affect your
release.

standligt 2020-11-10 11:02:14

In other words, disbelief can lead to positive outcomes? But how to achieve positive outcomes lacks any standard beyond one's own understanding. Therefore, it's difficult to call it a science.

Wind 2020-11-10 11:02:26

It's not objective science, it's subjective
science. It's just that you can scientize it;
at least he said it, and you don't have to
believe it. Releasing it can still have an
effect.
He didn't instill a belief system in you.
He didn't tell you, "You must
believe before you can release."
Release is a technique.
You can verify that
the event occurred
automatically in any
situation.
You don't need to use your brain to fill in the gaps.

You can choose not to hold this belief, and you can also let go.
Lester didn't say you need to believe that in order to release

Wind 2020-11-10 11:02:40

Yes, he said you'll know as you are released.
He didn't say you had to believe what he said before you could get the release.
Letting go is just a technique; he tells you
what this technique might bring you—you don't
have to believe it, and you can do it too.
If you've done that, then you "know," and you don't need to believe it anymore.

Standligt 2020-11-10 11:02:48

I understand what you mean. It means that it's like doing gymnastics; you don't have to believe it, just do it, and your body will...

It will be better

2020-11-10 "Conscious expression" actually implies a kind of repression.

In the midst of 2020-11-10 11:00:01

@Wind When you're angry, turn inward. Don't suppress that energy; instead, experience your angry energy and release it. Isn't that enough?

Expressing oneself to others is a ingrained habit, and at this moment, one is manipulated by emotions and loses awareness. (Wind, 2020-11-10 11:00:34)

I know what you mean.
In Vipassana meditation,
this is how they teach it . (2020-11-10 11:00:50)
Lester Levenson (The Sedona Method) says he takes 100% responsibility for himself . (2020-11-10 11:01:02)
Lester said that
expression is the
beginning of liberation,
not a substitute for
liberation.
let the things come out

I've said it again and again: I'm certain you won't find freedom in this world. This world pulls everyone down too forcefully, dragging things into worldly ways. You need to get out of that pit, work together as a group, and use your expressions to liberate yourselves.

"In the world, when you want to go out, you have to suppress it, or you'll be killed. If you express anger to the wrong person, he'll shoot you. In California, there are hundreds of police officers patrolling the streets to stop gunfights. Yesterday, three people were shot and killed in Los Angeles. You can't stop it outside. But here you have a very good opportunity to express and release, to move forward, to move upward."

Let's review the way

He didn't mean you have to express yourself everywhere.
(Erin, 2020-11-10 11:01:30)

Is it okay to vent anger by writing it down? I really don't want to curse.
@WindEraInternetOfEverything 2020-11-10 11:01:46

So, is this the expression we understand it to be? (Bethlehem Star, 2020-11-10 11:02:11)

Haha, this is great ! (2020-11-10 11:02:41)

Yes

There is a table in the course.

Write down where you feel suppressed, where you express yourself, and then release your emotions.

Wind 2020-11-10 11:02:51

The discussion above was a bit disorganized, so let me summarize it briefly.

First, I know that many people who have studied other teachings will introduce the concepts of "with awareness" and "without awareness" into this discussion.

不过莱斯特先生的意思，是我们有四种处理情绪的方式第一种
最糟糕，叫压抑
第二种稍微好一点，叫逃避 第三种
是释放的开始，叫表达
而我们要做的是第四种，叫释放
因为表达是释放的开始，所以你会发现，如果你不允许它表达，你会持续把它压抑在下面

Don't introduce the concept of awareness, because sometimes this kind of "aware expression" actually implies a kind of repression. Theoretically, awareness is good, and I know that pure awareness... However, introducing these concepts actually confuses these simple teachings. Lester's meaning is quite simple.

You need to allow yourself to express yourself, and then you can let go. Allowing yourself to express yourself doesn't mean you have to finish expressing yourself.

For example, you might want to get angry, and at that moment you subconsciously want to suppress it through some method or even a release technique. Now you allow yourself to express it.

You might become aware of it the moment you allow yourself to express it. The moment you're about to get angry, you find yourself releasing it.

You don't need to finish expressing yourself.

The era of the Internet of Everything 2020-11-10 11:03:10

He released his anger almost immediately?

(Wind, 2020-11-10 11:03:18)

Yes, it often happens like this.

(2020-11-10 11:03:30)

Understandable

When there is no repression, people are free.

You can choose to simply release it, or choose a way to express it to someone else.

When people are suppressing their emotions, they are not free; they may even feel more angry, but they don't express it, or perhaps if they did, it would be...

风 2020-11-10 11:03:49

嗯，不压抑的时候，你就可以选择表达或者释放
其实如果大家真的实践过，会发现这一点
你可能会表达一点点
然后马上就能释放了

It is distorted.

如果不允许表达，可能一直释放不了
比如如果你坐不住，却让自己一直坐在那里释放，你可能一整天都卡在那里，在和这个状况作斗争
这个时候你只要允许自己站起来走一走可能就能顺利释放了

I am Infinite 2020-11-10 11:04:05

@zaiyan You must finish expressing yourself, otherwise your mind will easily deceive you. (Feng, 2020-11-10 11:04:19)

Those who have truly
experienced liberation
will have this experience,
though they may not be
able to fully express it.
Sometimes you're all geared up for an argument, and suddenly that feeling comes over you, you feel released, you leave, and then you don't want to argue anymore.

In the midst of 2020-11-10 11:04:26

Just don't suppress it.

You need to release the top part to see the rest. (November 10, 2020)

Wind 2020-11-10 14:15:13

need to release the top one to see the bottom one. (2020-11-10 14:15:20)

Yes

I wasn't aware of this urge to escape before, but it was right there within me, almost bursting forth. The moment I mentioned it, I noticed it; it was such an obvious feeling.

I want to escape; I feel I can't do it, I can't bear it.

It's not that you want this world, it's that this world wants you. @Wind

This escapism was always there; the moment I sensed it, it became crystal clear and then vanished, leaving me with a feeling of relief. I feel incredibly foolish for holding onto this escapism without even realizing it.

Everything became so clear
all of a sudden; the power
returned, it had been
holding me back for so
long.

on November 12, 2020) can help you connect with your emotions.

Jamie Yeh 2020-11-12 06:00:11

My mom is always looking for cheap and good things. I just said to her, "It's not like she doesn't have money, why does she have to go through all

this trouble?" @Wind, how can I change this?

Wind 2020-11-12 06:01:08
Just let it go, okay? Let your feelings go.

Jamie Yeh 2020-11-12 06:02:41
OK

Wind 2020-11-12 06:02:54
Just follow the video. The simpler you do it, the greater the benefits. Every tool is useful.

Jamie Yeh 2020-11-12 06:03:47
Okay, let's prepare the notebooks first.

Wind 2020-11-12 06:04:25

Emotion charts can help you connect with your own emotions. Otherwise, you'll overlook many emotions that you've suppressed for too long in your daily life because you've become so accustomed to them that they become part of the background. Therefore, you don't look at those emotions, but they're always there. Finding it on the emotion chart can help you quickly identify that emotion.

2020-11-12 Physical sensations don't need to be released; release your emotions towards them.

Wind 2020-11-12 07:56:23

Regarding the question of desire, the course later introduces "feel the wants," and the fifth lesson, "From Want to Want," is about just beginning to learn how to release desires. Therefore, it guides you to start by feeling your present moment. However, if you truly feel desire, it actually occurs in your feeling center; you just don't need to specifically look for it in that area.

I am Infinite 2020-11-12 08:01:16

I was unable to release the wind because I had mistaken subtle desires for mental thoughts in the past and failed to recognize them.

(2020-11-12 08:05:20)

You can actually "feel" that what you want is more than just a thought. The idea is too superficial. (Liu Ruogang, 2020-11-12)

08:06:50

I have a tingling and numb sensation in my neck and ribs. How can I release this feeling continuously? @Wind Physical sensations don't need to be released;

release your emotions towards them.

Wind 2020-11-12 08:08:14

It will dissipate on its own as your emotions are released; you don't need to pay special attention to your body's sensations.

Shanshi 2020-11-12 08:11:21

@Feng, I did something and I'm in a good mood. Or maybe a friend came over, and I was very happy. Should I release this positive emotion? (Wind, 2020-11-12 08:11:45)

Of course, positive emotions can be released, and the course guides you to do so. You'll feel better after releasing it. (Shanshi, 2020-11-12 08:12:33)

@Fengna, could it be that we can experience and release our emotions anytime, 24 hours a day, whether good or bad, neutral or neutral?

Wind 2020-11-12 08:12:34

Yes, first of all, you'll feel better every time you release.

Secondly, only after you release the positive emotions that were holding you back will the heavy emotions that were suppressed underneath surface. (2020-11-12 08:13:23)

If you cover yourself up with positive emotions, you'll refuse to look at deeper things. (Waiting for the flowers to bloom - 2020-11-12 08:14:13)

How can I release the feeling of inferiority and being looked down upon by others?

Wind 2020-11-12 08:14:47

Have you learned the release process? (Waiting for the flowers to bloom, 2020-11-12 08:15:22)

No, I just learned a little bit about it. (2020-11-12 08:15:27)

You can start learning from the first lesson; any feeling can be released, and you can wait for the flowers to bloom. (2020-11-12 08:15:40)

Oh, thank you.

Liu Ruogang 2020-11-12 08:17:19

Could you explain the relationship between @Feng's three questions and the six steps, in more detail? I've watched the video several times, but... Too clear

Wind 2020-11-12 08:18:15

The three-question format is the process.

The six steps summarize the course.

The third step of the six steps is to recognize that all feelings stem from a desire for control and identification, and then continuously release them. This requires you to use a process to release them.

Implementing the six steps involves continuously using the release process to release rocks. (2020-11-12 08:26:47)

@Fengna means that it's possible that after releasing good emotions, some heavy emotions may follow, making it appear that the emotions worsen after the release.

Keep releasing your negative emotions; things will be better after you've released them. (2020-11-12 08:34:16)

You'll feel better when you release it, but you'll also allow deeper, heavier emotions to surface. (Huixuan, 2020-11-12 08:46:06)

@Teacher Fengfeng, how to release the wind when you are incapable of loving and hating? 2020-11-12 08:47:18

Release the covering "non-love" emotions, and your natural instinct is to love.

hzy 2020-11-12 08:52:11

Is it possible to not dwell on

the affiliation of what one "wants"?
(2020-11-12 08:54:33)

You'll get a better feel for which one it is; just keep doing it, and it will become clearer and clearer.

2020-11-12 You live in what you want, just like a fish lives in water.

I am Infinite 2020-11-12 08:06:10

@Wind If we don't distinguish between desires of the mind and desires of the heart, then desires are everywhere—wanting this, wanting that, wanting to wave a hand, wanting to move the paper aside, wanting to throw away the trash, etc.

I wanted to ask you, is this something you also want?

In other words, these desires are all very superficial. (2020-11-12 08:06:54)

Want to control
You live in your desires, just
like a fish living in water,
so it's impossible for you not
to be aware of what you want.

I am Infinite 2020-11-12 08:07:06

[Smirking] These are all things I want,
but why don't I know them? I refuse to
acknowledge that these are things I want.
Because it's too mild and too ordinary.
It's completely
different from what I imagined.
(2020-11-12 08:07:25)
The reason you can't perceive it is simply because
you're looking for something in your imagination,
not something that's actually there.
I am Infinite 2020-11-12 08:07:36
Too simple, too mild.
(This is from a post on November 12,
2020, at 8:07:51 AM.)
It's subtle, isn't it?
Therefore, deeper
release is more subtle,
not as intense as you
might imagine.
I am Infinite 2020-11-12 08:07:59
So this is what you meant
by "subtle". (Feng, 2020-11-12
08:08:21)
The course mentions in lesson five that at this point, many
releases will be very subtle and may not be accompanied by
physical sensations. So if you're trying to find physical
sensations, you'll get stuck.
I am Infinite 2020-11-12 08:08:30
right
Attention tends to focus on physical sensations
I thought I was about to
discover a world-shaking secret,
but it turned out to be just
something ordinary.
And things I was
used to completely
overturned my
imagination.
I feel a little uneasy. Is this minor thing really
causing me to feel restricted? (Wind, 2020-11-12 08:08:40)
Don't
overthink it,

just practice.

Try it out

Let's see if the release has a deeper effect. (I am Infinite, 2020-11-12 08:08:51)

I'm a little skeptical, and I think I might have made a mistake. Okay, I'll go try it.

The most obvious and superficial thing you realize on November 13, 2020 is the desire to change it, so you should release that desire.

To control

Shanshi 2020-11-13 07:10:11

@Feng, teacher, when I read everyone's conversations in the group, I sometimes feel ignored. Is this because I want to be recognized , and I'm expressing that desire for recognition, right?

Wind 2020-11-13 07:10:28

Can

Shanshi 2020-11-13 07:10:40

@Teacher Feng, my desire for recognition is very strong. I often feel like people don't see me or that I'm unimportant. Is this a manifestation of wanting recognition?

Wind 2020-11-13 07:12:42

Yes

If what you perceive most superficially is the desire to change it, then release the desire to control. If what you perceive is the desire to identify, then release the desire to identify.

Weight loss on November 13, 2020

FREE\ 2020-11-13 08:24:05

If I want to lose weight, should I try to release the control I have?

Wind 2020-11-13 08:24:14

Release the desire to control and identify with it until you feel that the goal has been fully achieved—not physically, but psychologically.

The emotions on the emotion chart

Despair, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace. (Bismarck, 2020-11-13 08:24:23)

Is it to release these or do the three want the wind? (2020-11-13 08:24:34)

Finally, there are three things I want.

The fear of death (the desire to survive) drives the desire for identification and control, which develops into nine emotional states.

These emotional states developed into thousands of thoughts.

Therefore, in the end, only three who wanted to be released were released.

When you release the most basic No. 1 program, you clear your entire mind.

Shanshi 2020-11-13 08:24:50

@TeacherFeng , I want to eat, but I know it's just a craving, not hunger. How can I release this urge? Is it okay to feel this way?

Wind 2020-11-13 08:24:59

So you're trying to control yourself and not eat? (Shanshi, 2020-11-13 08:25:01)

right

Wind 2020-11-13 08:25:06

Can you feel it? (Shanshi, 2020-11-13 08:25:11)

想要的那种张力感受比较强，控制点感觉不强，要用头脑想一下才能感受到
风 2020-11-13 08:25:30
释放这种习惯的时候，你要小心不要做成压抑
如果你只是感受张力，实际上你没有去接触你的想要
你继续被想要控制驱动
所以，去感受到你的想要，然后你能立即体验到想要被释放后的感觉

Release control

它会让你附着的情绪一下子消散掉

Mountain Stone 020-11-13 08:26:00

There are two types: you can feel what you want and then release it; or you can feel yourself in control, feel the desire to control something, and then release that control. Is that right?

Wind 2020-11-13 08:26:09

See the six steps

Do you feel whether you want to control or accept your current feelings? Then release them. If you're stuck, release the desire to control that's causing the problem.

Shanshi 2020-11-13 08:26:16

It's about wanting control, I understand.

Vera Wang 2020-11-13 08:26:37

@Wind, how do you distinguish between release and repression? Wind 2020-11-13 08:27:04

The feeling of release was very clear.

Feelings will fade away, emotions will rise.

There is a feel in the workbook good

If you don't feel lighter or happier after a release, then you haven't truly released it.

Vera Wang 2020-11-13 08:27:19

@How long does it typically take to release wind? I've never successfully released wind; the more I try, the angrier I get. (Wind, 2020-11-13 08:27:40)

How long does it take to release?

It takes about ten seconds to release once.

Vera Wang 2020-11-13 08:27:45

Only a dozen seconds

Huh? The more I release it, the more chaotic my feelings become. (2020-11-13 08:28:06)

This is a way to release emotions.

Releasing desire only takes a few seconds

Purple[13] 2020-11-13 08:28:18

@Wind, can we view release as a decision? Does a decision automatically lead to release? Wind 2020-11-13 08:28:37

Releasing is a decision, but it's recommended to use a release process

to make that decision.

Shanshi 2020-11-13 08:28:54

@Teacher Feng, I try to feel my emotions while doing anything. For example, when I'm walking and it's cloudy, I feel lost. Then I try to understand what else is in that feeling, like loneliness or sadness, and then I release those emotions one by one. Is this the right thing to do?

Waiting for a reply [Happy] Wind

2020-11-13 08:28:59

Continuing to release [the information] is the right thing to do.

(2020-11-13 08:30:05)

Can this escalate to the point of releasing desires? (2020-11-13 08:30:17)

certainly

Fangfei 2020-11-13 08:30:18

Is "letting things take their natural course" a way of wanting to be controlled? (Wind, 2020-11-13 08:30:21)

If "letting things take their natural course" involves compromising on the possibility of failure, then there is still pent-up emotion involved. (Fangfei, 2020-11-13 08:30:42)

Yes, there's a tendency to compromise. (2020-11-13 08:30:50)

Lester said you have to be a winner, even if it's just to unleash those subconscious, repressed resistance processes.

Susan Lee 2020-11-13 08:30:59

@Feng, after releasing desires, do emotions also rise in layers? When I release desires, I don't feel a change in emotional energy level, but when I

风 2020-11-13 08:31:18

释放想要的效果要深于只是在表面释放情绪你可能需要一点

时间慢慢掌握

不过不会太久

Susan Lee 2020-11-13 08:31:25

What does that feel like? After truly releasing what you want

I've mastered emotional release; it's about releasing what you want without a clear feeling. (2020-11-13 08:31:48)

Describing the feeling of releasing what you want won't do much good; it will only make things worse.

Because it will simultaneously take away all the emotions above it.

If you feel it's shallower, then it's not releasing the feeling you want.

Susan Lee 2020-11-13 08:32:18

Yeah, so I have an emotion right now, and after I release it, that emotion goes away, but what takes its place? My mind still wants to figure that out.

Wind 2020-11-13 08:32:40

Of course, it's a higher level of emotion.

feel good

2020-11-13 Is sexual desire a matter of control or acceptance?

Vera Wang 2020-11-13 09:51:18

@Wind I have a question I've always wanted to ask. I've noticed that all enlightened masters are men? Is it possible for women to achieve enlightenment?

Enlightenment?

Wind 2020-11-13 09:51:25

It is said that due to societal acceptance (it has always been a patriarchal society), female masters tend to live in seclusion, but this is no less common than that of their male counterparts.

Menghezhuang 2020-11-13 09:51:34
Wind, I have a question: Is sexual desire a matter of control or acceptance? @风风 2020-11-13 09:51:49
Lester said that sexual desire is the craving for love expressed physically, and that sexual pleasure limits the joy of love to the physical body.
The pleasure of love is a thousand times greater than that of sex.
Vera Wang 2020-11-13 09:51:51
@Wind, is that indifference or utter despair? Wind 2020-11-13 09:52:06
Just look at your emotions.
Sexual desire, like appetite, is simply a physical expression. (Magnolia, 2020-11-13 09:52:15)
Therefore, sexual desire is not...
Can it be removed? @Wind I once heard a Buddhist master say that Arhats no longer have this need. Wind 2020-11-13 09:52:19
Sexual desire will be released to a certain extent, and the identification with the physical body will be cleared.

"You haven't followed the subsequent steps of these six steps because you've omitted the first one—the desire for freedom—instead focusing on self-gratification, on satisfying your sense of 'I.' You're chasing after the wonderful states of the external world, and with each bit of pleasure you gain, you receive a bit more pain. If you look closely, it's so obvious. What you thought was the happiest thing in your life has brought you the greatest pain—primarily from the opposite sex. As you move up, your sexuality should be released, and you will reach a place without sex, without differences between men and women. You will see that there is no..."

The distinction between 'male' and 'female' labels.

This will happen in the later stages of the release. (Magnolia,

2020-11-13 09:52:58)

I tried this release method. Most people have a resistance to feelings of suffering, so most emotions are suppressed inside and not released. It's about letting these emotions go away naturally.

Wind 2020-11-13 09:53:00

You don't need to think too much about it right now [laughing emoji]

November 14, 2020: Is the feeling caused by the emotion itself, or by suppressed emotions?

of?

Yitian 2020-11-14 07:57:12

@Is the sensation of wind caused by the emotion itself, or by suppressing emotions, such as the feeling of tightness in the chest that accompanies the emotion?

Wind 2020-11-14 07:59:13

The feeling at the center comes from suppressing your emotional energy.

suppressed feeling

suppressed energy

Yitian 2020-11-14 07:59:25

Even after your emotions have calmed down, if you still have physical sensations, does it mean that the emotion hasn't been released but rather suppressed? Yes, if your center of sensation is still blocked, then this is definitely the case.

Wind 2020-11-14 08:02:45

Body pain is just a warning sign.
alarm
For example, if you
suppress your fear of
death, that fear of
death is a desire to
survive.

Yitian 2020-11-14 08:03:16

Does releasing the fear of death mean you won't be afraid of pain anymore?
The desire to survive is actually creating death. the opposite
Because want equals lack.
Therefore, when you suppress your fear of death, you are creating death in your body.

Therefore, a certain part
of the body will send out
an alarm, which is pain.

Roller 2020-11-14 08:04:26

Wanting security is
actually an anti-survival programming
approach. (2020-11-14 08:04:34)

Yes, you won't die if you don't want to live.
Lester Levenson (The Sedona
Method) said you can keep your body forever.
(Yitian, 2020-11-14 08:06:19)

If being pricked by a needle still causes pain,
does that mean I haven't achieved freedom yet? (Wind,
2020-11-14 08:06:20)

Leicester's ankle hurts
even after he's freed; it
depends on whether you
return to the world.

Yitian 2020-11-14 08:07:19

Where there is pain, there is a process.
Pain itself is a process

Roller 2020-11-14 08:07:28

Yugananda Vivika

Nanda Wind 2020-11-14 08:07:58

These feelings are
something he brought
into himself; otherwise,
he wouldn't be able to
communicate with others.
After gaining freedom, you can
choose to let in a feeling;
physical pain is achievable.
This is about skill level.

No pain, perfect body - that's only the second level.
A higher level involves causing
physical pain, but not becoming a
physical pain. Lester has a
pre-recorded audio specifically about
this.

Yitian 2020-11-14 08:14:00

The pain of being burned is absolutely unbearable by simply enduring it.

Wind 2020-11-14 08:15:06

Before you get there, you can't imagine it with your mind.

By the way, when you release your pent-up desires, do you also reflect on your emotional state?

state?

Or look at the corresponding event.

Roller 2020-11-14 08:16:18

I go to see it occasionally

However, generally

speaking, looking at the current

situation, it seems like the

author wants to use the Heaven

Sword and Dragon Saber

(2020-11-14 08:17:17).

You mean it's

unnecessary? (Wind, 2020-11-14

08:17:29)

Follow the vine to find the melon. The corresponding event and emotional state are the vine, and the desire is the melon. Once you've found the melon, don't go back to find it.

That vine

[laughing out loud]

The vine helps you reach the melon; once you've reached the melon, why would you go back to touch the vine?

Yitian 2020-11-14 08:18:04

Do you remember the chapter in the Agamas about a

monk choosing suicide to attain enlightenment? @风风2020-11-14

08:18:09

Yes, I have

Roller 2020-11-14 08:19:19

I feel that behind all emotions lies a desire for recognition and a desire to be recognized. The main focus beforehand is on releasing these two desires.

Sure, it's possible.

Wind 2020-11-14 08:20:28

certainly

That's what Lester Levenson (The Sedona Method) was talking about.

The course may be trying to cover all the content in a short time and provide you with all the tools, so it also mentions what you want.

Safety

Roller 2020-11-14 08:20:50

When I'm scared, I mostly want to

control the scene. (2020-11-14 08:21:00)

However, in the advanced class, Lester usually has you release two desires first and then go directly to the fear of dying.

Roller 2020-11-14 08:21:06

These two desires are actually driven by one thing: the desire to survive.

(2020-11-14 08:21:19)

Um

The desire for survival drives the desire for recognition; the desire for recognition drives the desire for control.

You want to survive as a body, so you develop a fear of death (the desire to survive). To survive, you crave the approval of others; you feel safe that way.

But when you seek validation, others don't give it to you, so you want to control them. You want control and validation as two basic things. Feeling has developed into nine types of emotion , and these underlying emotions have developed into thousands of feelings. Then each feeling developed into thousands of thoughts.

From about releasing to the That 's how
they say it, and also the "feel good"
check .
This is the sixth step of the method.
Many feelings, when you ignore them, may seem fine; you might
feel comfortable in your current state. But when you do
acknowledge them, you won't really call them "good feelings."
So you really won't consider many feelings as "feel good".
You felt a little better after you released.
But you ask yourself "do" I feel "Good ?" It wouldn't be " feel. " good
So you can continue to release.
If you feel bad, of course you'll want to control or want to be recognized.
You've simply developed a tendency to seek happiness
from the world (the desire for control and
approval). What you're looking for in the world is
either control or approval.
Therefore, wanting to control and gain acceptance equals the world.
This Lester Levenson (The Sedona Method) in the The way
mentioned that I experienced being infinite during my first retreat.
(2020-11-14 08:34:42)
It's hard to imagine that such a small feeling of
wanting could have formed this world. When I
express that want, I don't seem to feel anything.
Quantity over quality?
[Laughing] Wind 2020-11-14 08:35:40
no
I am Infinite 2020-11-14 08:35:59
Then I completely misunderstood. I thought the final
desire was two huge desires. (2020-11-14 08:36:00)
When you have no desires, your senses will not flow
outwards; they will naturally shut down and you will
spontaneously enter a state of samadhi.
This happens frequently.
At this moment,
the world ceases to exist. I am
infinity. 2020-11-14 08:37:08
@Wind, do you have a huge
desire to release, or not just
these weak desires?
Wind 2020-11-14 08:37:09
Previously, meditation was needed to
leave the world; now, meditation is no

longer needed, which is a huge benefit.

Wind 2020-11-14 08:38:15

If your release feels shallower, it's because you haven't "mastered balance" on a bicycle. (I am Infinite, 2020-11-14 08:38)

How do I find it? [Facepalm] Wind 2020-11-14 08:38:23

In other words, you haven't yet experienced the feeling of releasing what you want. Releasing what you want is deeper than releasing emotions. Each time you release your desires, you feel many emotions dissipate together, bringing a deeper level of tranquility.

I am Infinite 2020-11-14 08:39:41

Can you directly feel
the emotions dissipate? (Wind,
2020-11-14 08:39:49)
Um
I am Infinite 2020-11-14 08:39:50
I haven't done it yet [laughs]
I think we're still in the stage of finding what we want.

2020-11-14 Talking about the Tao Te Ching

Fangfei 2020-11-14 12:28:10
Friends, I have a question. The Tao Te Ching says, "The Way of Heaven takes from those who have too much and gives to those who have too little." So, when a person reaches the state of " perfection " or "infinity," does he not follow the laws of the Way of Heaven?
I am Infinite 2020-11-14 12:29:32
@Fangfei This can only
be answered by the wind @Fengfeng
2020-11-14 12:29:55
The way of Heaven is to take from what is in excess and give to what is lacking.
The way of man is different.
If one takes from the poor
to give to the rich, who can
have enough to give to the
world? Only the virtuous can
do so.
Note that in the Tao Te Ching, the terms
"the Way of Heaven" and "the Way of Man"
are used in contrast to "Heaven," and
"oxen and horses" are examples of this.
A person who falls from grace will have their nose pierced by a bull.
In the pre-Qin traditional context, the
distinction between Heaven and Man implies
that nature and human actions tend to have
a reciprocal tendency.
In other words, the force you
apply in one direction will bounce
back; if there is a defect, it
will be filled.
If there are excess things,
they will be cut off. (I am Infinite
2020-11-14 12:34:01)

How do I understand?

The Tao Te Ching can be explained so clearly.

Wind 2020-11-14 12:40:16

This is only the standard version. The reference texts are mainly from "Silk Text A" and "Silk Text B". Han bamboo slips are used for correction, and Chu bamboo slips are only for reference.

refer to

Fangfei 2020-11-14 12:40:43

If someone possesses wealth, fame, beauty, outstanding children, and a happy family—a life that seems " perfect " to everyone— wouldn't it be subject to "cutting off" by the forces of Heaven?

Wind 2020-11-14 12:41:26

Of course
Even with a house
full of gold and
jade, no one can
remain arrogant
and proud, lest
they bring
disaster upon
themselves.
Therefore it is said,
"Act without claiming credit, achieve
success without dwelling on it."

(2020-11-14 12:42:29)

[Facepalm] So I must have become enlightened by now, right?

Wind 2020-11-14 12:42:44

Only by not dwelling on past achievements can one truly succeed; otherwise, those achievements will surely vanish.

Wind 2020-11-14 12:45:18

All things arise and flourish, and I observe their return. All things, in their myriad forms, return to their root. Returning to the root is called stillness; this is called returning to one's destiny. Returning to one's destiny is called constancy; knowing constancy is called enlightenment. Not knowing constancy leads to reckless action and misfortune.

If one does not understand that the occurrence and disappearance (phenomena) of things are constant, then one will act arbitrarily, and the result will be...

It's bad

However, you cannot remain inactive, because "favor and disgrace should both alarm you, and great calamities should be regarded as your own life."

What does it mean to value a great affliction as one's own body? The reason I have a great affliction is because I have a body. If I had no body, what affliction would I have?

Because you have a body, you will inevitably be "startled by gaining it, startled by losing it; this is what is meant by being startled by both favor and disgrace," because all your reactions will be aroused by "having a

body."

Angel 2020-11-14 12:50:49

Is it a pattern that those who overshadowed their rulers in ancient times were killed? (Feng, 2020-11-14 12:52:06)

Some personal interpretations of the Tao Te Ching

Fangfei 2020-11-14 12:52:17

Teacher Feng, do you mean that as long as a person remains unprovoked, their "perfection" won't be dictated by the laws of nature ? Is my understanding correct? @Feng

Wind 2020-11-14 12:52:36

He achieved success but did not claim credit.

No part of myself is saying,
"This is what I did." That's how
I understand it.

When you say, "This is what I did," you gain something, and you lose something else. (Fangfei 2020-11-14 12:55:48)

As Lester Levenson (The Sedona Method) said—it's God who makes the wind. (2020-11-14 12:55:50)

The Tao Te Ching also says, "Those who cling to things will surely lose them; those who act will surely fail." (Fangfei, 2020-11-14 12:55:57)

Feng is so
knowledgeable, I
listen attentively
and admire him.

In other words, we can achieve perfection without any loss, as long as it's not the "ego" that's doing it, but rather the will of Heaven.

to just do it ?

Wind 2020-11-14 12:56:09

Make way for yourself
Self-awareness, sense of ego

If we combine Leicester's statement with this, then...

Huixuan 2020-11-14 12:56:59

@Wind Thank you, I can finally see things beyond the six steps, I've benefited greatly.

Wind 2020-11-14 13:00:06

You won't feel like you did it, you won't feel like you were the one doing it; you're not the actor.

D 2020-11-14 13:01:08

I remember a Buddhist master being asked about the release method in a live stream. He commented that Lester's release method has a thousand merits, but its only drawback is that it easily makes one feel like a "doer," saying, "I, as an individual, am performing the release." @Wind

You can find many ancient and
profound sayings in the Tao Te
Ching: "To achieve success
without dwelling on it."
For example, consider the concept of
relativity - length and shortness contrast each other,
high and low incline towards each other. (2020-11-14
13:01:15)

Yes, in a dualistic world, there is always good and bad.

Could you share how you specifically released your appendicitis symptoms? - Releasing the feeling of emptiness behind the pain and then feeling - I don't have appendicitis? - Is this the process? @D

D 2020-11-14 13:01:29

That Buddhist master didn't actually read the
whole thing. Lester said that to release oneself
from the identity of the creator is to release the
fear, resistance, and desire to control it.
@Fangfei
Then you'll feel "perfect".

2020-11-14) is a simple method, easy to master, and easy to benefit from.

Susan Lee 2020-11-14 22:25:58

When will Feng come out and say where he will go next?

Roller 2020-11-14 22:26:13

I don't know either.

Susan Lee 2020-11-14 22:26:22

Before going home,

they said goodbye to us .
(2020-11-14 22:27:06)

I am not free yet, I am just continuously releasing myself. Don't treat me as a master; my method of release is an independent approach.
Let's all cheer each other on!

Roller 2020-11-14 22:27:32

Keep it up, everyone!

Listening to the Cicadas in the Evening Breeze 2020-11-14 22:27:46

come on!

Susan Lee 2020-11-14 22:28:40

@Wind, are you just one step away from freedom? Wind 2020-11-14 22:29:09

I just don't want to speak much anymore because I've said enough.

Everyone is the same; there's no
such thing as a teacher-student
release method, which is a
simple approach.
It's easy to learn and easy to benefit from.

2020-11-16 Kriya Yoga can only be learned in the institutions left behind by Yogananda.

Gaia Breathing

Wind 2020-11-16 23:52:17

I can teach you the techniques, but I'm not qualified to pass on the teachings.
You shouldn't use it anymore. If one day your family and friends don't accept the liberation method, you can teach them generation after generation through the lineage of the guru.
The Chinese translation of the phrase
"inhale and exhale, inhale and exhale"
is problematic.
The word "息" here is yama.
If you loosely clench your
hands, leaving a tube to
form a flute shape...
When you blow air into
your hand, it feels
warm; when you inhale,
your hand feels cool.
When you inhale evenly through your mouth and nose, your throat will feel cool; when you exhale evenly through your mouth and nose, your throat will feel warm.
Straighten your spine, face east towards the rising sun, and adjust your alignment with the magnetic poles. You can use a wool blanket to insulate yourself from the earth's current.
You can use olive oil drops in your throat to enhance its sensitivity to breath, and focus your awareness on your center of consciousness, which is the space between your eyes and your eyebrows.
Inhale evenly through both mouth and nose

When inhaling, the tongue presses upward, naturally and easily expanding the throat. Focus your attention on the barely audible aw sound that is produced naturally.

When exhaling, focus your attention on the barely audible "e" sound of the breath. You will feel a cool sensation as the airflow passes through your throat. As the exhaled air flows through, a warm sensation will be felt.

Beginners should only perform fourteen Kriya breaths; otherwise, the energy generated will be too much for the body to handle. After fourteen breaths, life force is released from the heart. Focus your attention on the spine.

At this point, life force naturally surrounds and magnetizes the spine, and the brain structure is also moved.

In the Bhagavad Gita, the phrase "inhaling into exhaling, and exhaling into inhaling" refers to the control of Prana (breath).

The separate processes of inhalation and exhalation are combined into Pranayama, which uses apan (the elimination of energy flow) to prevent changes in the body's growth. When you inhale, the lungs expand, oxygen is supplied, and the heart continues to function.

At this time, some of the energy released by the heart is sent into the exhaled breath, and the carbon dioxide is cleared away, thus releasing energy.

Calories

When a normal person breathes, most of the energy is locked in the heart to maintain heart activity and cannot be used to activate the spine and brain. Breathing evenly through the mouth and nose reduces the burden on the heart, causing the heart to beat more calmly and at a lower frequency.
This will send more oxygen into the lungs, and that extra oxygen atom will promote the flow of life force. You can only learn this method in the institutions left behind by Yogananda.
No one has ever made it public.
I don't know if it's okay to just say it directly.

Explanation of the three knots (November 17, 2020)

Mary Sea 2020-11-17 08:26:10
I almost forgot, I should have added three more words: "I allow myself to receive xx yuan solely through release within xx days."
or more
Wind 2020-11-17 08:28:45
This is a standard goal. This chart -based method can be used to implement target release.
I also failed
for six years. I am
Infinite. 2020-11-17
08:29:04
Where? Didn't you discover a new method
three years later? (Wind, 2020-11-17 08:29:20)
If there's no continuous release, it's a failure; it's stuck.
I am Infinite 2020-11-17 08:29:44
Is it possible that we might
also be stuck for a few years? (Wind,
2020-11-17 08:30:06)
Using six steps,
the wind that doesn't know
how to do it 2020-11-17

08:30:06

I didn't fully understand the six steps before.

After understanding it, I no longer get stuck on the road. (2020-11-17 08:41:28)

Could it be that we haven't understood the six steps either?

That's why you think we need to wait until we actually see the six steps, otherwise we'll continue to be stuck. (2020-11-17 08:42:26)

Okay, one person with experience is enough. (I'm Wuxian, 2020-11-17 08:42:38)

What exactly is the experiential level? (Posted by Feng, 2020-11-17 08:42:40)

That way he can answer all the questions.

Just as the Buddha said, after completing the first stage of the Four Noble Truths, one begins the second stage, which involves six steps.

When you first start using the six-step method, you're not using it completely. (I'm using it indefinitely. 2020-11-17 08:43:42)

I find that I really want to know what you're talking about.

Wind 2020-11-17 08:44:01

I am using six steps to correct my path. I am infinity.

Could you elaborate?

[Laughing] Wind 2020-11-17 08:44:03

sure

Actually, I explained this in detail yesterday.

"Venerable Sir! What is meant by 'enlightenment'? Venerable Sir! What is 'enlightenment'? What is 'following enlightenment'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path leading to the cessation of suffering—this is called 'enlightenment'; this is called 'following enlightenment'."

Wind 2020-11-17 08:44:40

"Noble disciple! Contemplate suffering, the accumulation of suffering, the cessation of suffering, the path to the cessation of suffering, the path to the cessation of suffering, and the undefiled contemplation in accordance with the Dharma, and choose..."

"Selection, differentiation, investigation, awareness, wisdom, enlightenment, and observation—this is called right view, which is holy, transcendent, undefiled, non-attachment, rightly extinguishing suffering, and turning away from suffering."

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people , we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

It's the same world.

So the first step is that you must desire freedom more than you desire this. If you can understand classical Chinese, you'll find that...

You can compare and see.

Let me explain it more simply.

Why do you pursue happiness in this world?

Wind 2020-11-17 08:46:33

Because you mistakenly believe, based on your experience, that happiness exists in the world.

Therefore, Lester Levenson (The Sedona Method) lets you discover that this world is miserable.

Therefore, Lester Levenson (The Sedona Method) makes you realize that this world is nothing short of tragic.

Fully experiencing this will develop an intelligence,

which the Buddha called the wisdom of seeing suffering.

Then you will see the cause of suffering.

The world is filled with suffering

because of your attachment and

hatred. Once these are extinguished,

your suffering will completely

disappear; all happiness resides

within you.

This understanding, this wisdom, is

what the Buddha called the wisdom of

the origin of suffering and the

wisdom of the cessation of

suffering.

Knowing that the world is suffering, knowing how suffering arises, and knowing how suffering ceases—this constitutes a correct worldview.

Observe

The Buddha called it "right view".
Or it could be called "enlightenment" and "sage wisdom".
Guided by right view, all eight parts of the
path are presented before you. The Buddha
called this the Noble Eightfold Path, the path
to liberation.
The direction begins to change
This is the first step in the
six-step process. Therefore,
the six-step process begins
with an operating guide.

I am Infinite 2020-11-17 08:52:47

Are greed and hatred
simply a desire for control? (Wind,
2020-11-17 08:52:48)

When you truly and completely align with the first step, it will guide you along the way.
"Greed" and "hatred" are two
directions of your desires, which are
three desires.
If you truly take the first step, every choice and action you take will naturally tend towards freedom.

Wind 2020-11-17 08:53:57

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

So the first step is that you must want freedom more than you want the world.

Wind 2020-11-17 08:54:32

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise,

opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Wind 2020-11-17 08:54:47

Once you reach this point, every choice, distinction, inquiry, awareness, shrewdness, enlightenment, and observation you make will happen naturally.

Turning

Corresponding to the thought of non-leaking

"Wu Lou" is an ancient translation, meaning that you are perfect and without flaws, and no longer seek happiness in an imperfect world.

Therefore, one should wholeheartedly and naturally change direction in every choice.

Therefore, reaching the first step of the six steps is actually what Buddhism calls the first stage of enlightenment, the stream-enterer stage, or the entry into the path.

Flowing fruit, wisdom liberation

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The first knot is the doubt knot.

With the entire road laid out before you, all your doubts are dispelled.

The second knot is the knot of self-view.
Having witnessed the imperfections of the world, you will not search for "me" anywhere, nor will you perceive the body as "me".

The third knot is the knot of taking vows and rituals.
Having seen the source of everything, you will no longer engage in rituals, believe that external forces are effective, or entertain the idea that they can lead to the end.

At the same time, the karma that could have led you to lower realms is completely eliminated.
This concludes the first step. The remaining five steps will naturally fall into your experience.
Besides in the The same applies to Lester's description in other audio recordings of "taking the first step, and every action you take will tend towards freedom."

Go All The Way 2020-11-17 09:05:28
Last night, my doubts surfaced. I stayed up all night reading my autobiography, but I didn't continue the release process because I started to doubt the release method, doubt myself, and doubt the achievements of the Wind.
Then I couldn't get out of bed today, I'm so tired. Unlike the previous two days, I didn't have a continuous release as soon as I woke up. I'm a bit stuck now, in AGF .
Wind 2020-11-17 09:06:48
It's perfectly normal to have doubts
before actually getting to the six
steps; these are things that happen
repeatedly.
Go All The Way 2020-11-17 09:07:13
But this time the problem isn't like before. Before, I felt like I had no way to solve it, but today I know I can.
Step 5

Wind 2020-11-17 09:09:14
Because you won't truly dispel your doubts until the road is laid out.
After the path is revealed, faith is
established; the ancient translation is called
indestructible pure faith, which is actually
the achievement of the second step.
Since you didn't see it, of course you'll have doubts.

on November 17, 2020 , you will then proceed with the release process.

Wind 2020-11-17 10:32:54

Don't misunderstand, the way to reverse direction in the release method is by constantly confirming your gain .

You gain benefits from releasing

things, so you'll want to

release more, for example, if

you have an exam today.

If you have previous experience of successfully passing an exam through diligent study, you will continue to study diligently. However, if you succeed in passing an exam through release, you will want to undergo release to confirm that all your gains come from release.

get everything by releasing only

It is important to gain benefits at the beginning.

Let gain support you to achieve even greater gains .
Simply put, you will only turn towards the truth and take the first step when you see the world as equal to suffering and all happiness as originating from within.
As long as you still believe that happiness exists in the world, you will stop to pursue it.

dj 2020-11-17 10:36:36

Simply put, only when you see the world as equal to suffering and all happiness as originating from within will you turn to the wind.

(2020-11-17 10:36:42)

If you frequently listen to audio and watch videos, you'll likely notice that Lester often asks two questions. One is, "Have you ever experienced an inner picture changing, and the outer world immediately changing?" The other is, "Have you discovered that all happiness comes from within?"
You really won't take the first step until you discover this point.
In classical texts like the Agamas, it is described as seeing suffering and seeing the cause of suffering, but Lester's casual, colloquial way of saying it makes it easy to overlook.
So changing direction isn't about shouting "I want freedom," but about confirming that your gain comes from liberation.

Wind 2020-11-17 10:38:58

Nothing is outside the six steps
You can't just resist or hate the world; that won't work.
Unfortunately, when most people cry out for "freedom," what they are suppressing is their disgust for the world. But disgust and attachment are two sides of the same coin; they are desires in different directions.
You must actually take the first step at the experiential level for it to work through continuous release.
Continuously affirm your gains and the source of your

happiness.

Okay , let's release this feeling, from gaining a little benefit to gaining all the benefits. Nothing else to say. [Laughs]

2020-11-17 When "happiness exists in the world," one subconsciously seeks out happiness.

ZOEY 2020-11-17 11:18:02

@Wind, these past two days I've experienced that what I want actually makes me resist a lot, while what I don't want actually feels "beneficial." These external things I want/don't want are all illusions because I've given them meaning. What's the next step? Should I continue with the target process, etc., to pull out more negative steps?

Wind 2020-11-17 11:19:42

If you have something you want, then go and do it—that's what Lester taught you.

The more you gain, the more you discover the true source of happiness.

ZOEY 2020-11-17 11:20:24

Take action, truly put into practice eliminating those negative things, instead of just remaining at the level of awareness, right? @风风

2020-11-17 11:21:54

When you truly achieve that, you won't need to think about this question at all; you won't need to think about whether you want freedom or the world.

Every action and choice you make from now on will naturally tend toward freedom.

But when you still retain the possibility that "happiness exists in the world," you won't subconsciously seek happiness elsewhere.

This constitutes your goal.

You need to use this goal to outline the program and implement it.

Wind 2020-11-17 11:23:39

Only then will you realize it's been working on you all along, and only then will your direction truly change.

The first step is not just a slogan

The six-step process creates a very perfect map.

You need to confirm what you've gained by letting go, until you discover that all happiness comes from one thing—

Infinite existence

ZOEY 2020-11-17 11:25:05

So, when we talk about achieving what we want, is this "wanting" directed towards the world? (Feng, 2020-11-17 11:25:39)

As Lester said, the world is completely miserable

If you suppress it, it will continue to affect you, and you will never be able to take the first step. When you do achieve it, you will find that you have not gained the happiness you imagined.

At this point, you'll set your sights on the next goal, your next desire for the world.

But when you achieve that, you realize you still haven't found the happiness you seek, and your desires will shift to the next goal.

You will keep rising, constantly confirming the source of happiness.

Your direction will change until you experience that the source of all happiness is "a quiet mind that allows more of the infinite inner being to be revealed."

This completes the first

step; freedom becomes
your sole objective.
Next, as Lester said, you'll
automatically fall into the last five
steps, just like that [laughs].

Strategy 2020-11-17 11:30:49

@Wind, does that mean we still need to fulfill our three desires first, and obtain everything we want?

Wind 2020-11-17 11:31:26

It's not about fulfilling the three major desires, it's about achieving the goals you believe will bring you happiness. If you suppress them, you won't get to the first step, you'll never.

2020-11-17 If it is a target that harms others, during the release, it will be...

correction

standlight 2020-11-17 12:35:50

I don't understand, is it acceptable if the goal does not conform to general social norms or morality?

Wind 2020-11-17 12:37:42

In reality, if you release your feelings of "non-love," you won't choose to hurt others; you'll see that's foolish, because hurting others is equivalent to hurting yourself.

If the target is someone who harms others, during the release process, it will be corrected and you will find a target you truly want.

standlight 2020-11-17 12:39:20

@Wind, do you mean the target can be set freely, and releasing it will cause a positive outcome?

Wind 2020-11-17 12:39:52

Yes, letting go allows you to access your true inner self. The result of letting go is that everyone benefits.

It's not the kind of pattern that gains by harming others; the desire is simply to control and gain approval.

Once these "non-love" feelings are released, you will only encounter equal love, and you will make the right decision.

Lester calls this "inner guidance" or "intuition"—a natural ability that is simply obscured by emotions.

No decision made by any mind can be more correct than this.

November 17, 2020, truly ushered me into a period of sustained release.

Wind 2020-11-17 18:52:49

Six steps

Begin with six steps, end with six steps, and use your gain to confirm your direction.

Continuous release has become your "task," but this is not good because every release has its benefits.

This is what step six says: each release

feels easier and happier, and you feel
good, so keep releasing.
If you just force yourself to
release, you'll stop; you won't be
able to continue.
Because you are suppressing your desires for the world.
My method is to constantly confirm my gains and my direction.

For example, she's about to listen to music.
What does she want to get from the music?
Can she get that from the release?
Can I give it a try?
Continuously confirming your gains can help you maintain a sustained release.
If you say, "I can do it, I have to let go, I can't listen to music," it won't work because your subconscious is focused on listening to music, and that's been suppressed.
Your conscious and
subconscious minds are
pulling you away from
seeing it, but this
won't work; you won't
actually enjoy anything.
you don't need enjoy anything Be joyful!
Write down the possibilities that you think could bring you happiness.

In your opinion,
where happiness is
not based on reason?
Where do you actually seek happiness?
If you suppress these desires, you will not be able to take the first step.

You can force yourself to do homework and work, but you can't force yourself to release yourself .
Let me elaborate on Leicester's favorite teaching, get everything by releasing only

What do you want? How are you going to do it? Why not
get it through release? This is how you practice.
You choose to release
Sometimes you might spend an afternoon doing other things, but not releasing [the pent-up emotions].

That's because your
subconscious is seeking
something you can't force
yourself to release.

You need to see what you are seeking and ask yourself, "Can I get that from release?", and see which way.

Easier and more enjoyable

Therefore, choose to release
That's why I say successful
experiences are important; you
have to gain benefits first.
You won't do something if
there's no benefit to it; that's
your mindset. It will try every
means to avoid and resist
releasing.
I remember saying before that focusing on step six truly put me into a state of sustained release.

【picture】
【picture】

Why do many people feel sleepy as soon as they release stress?
It's very simple: compared to forced
release, sleeping makes you more

comfortable; the mind always tends to do
what's more comfortable.
That's why "Leicester" always wants you to confirm your gain .
This is important.
Step six cannot be ignored.
Therefore, you need to
continuously reap the
benefits starting with
each release.
You should feel better with each release.

You can only continue doing this if you do it this way.
Once you feel compulsion or
exertion, immediately relax and
release the urge to control.
If releasing makes you feel more comfortable
than sleeping, you'll naturally tend to
release. It's really that simple.

So I said you haven't seen the complete
road, so naturally you'll have doubts.
But if you experience the six steps,
you'll know its perfection.
All the guides to "Leicester" are about it.
Without it by your side, you might stray from the right path without even realizing it.

November 17, 2020), just be aware that you're escaping; the next release will come.

Decision. Release your desire to change your feelings.

Yitian 2020-11-17 20:30:11
@Wind still sometimes wants to escape, and releasing that urge requires a lot of effort to overcome. It's about releasing the urge to control the escape, and then I'm a little unsure how to proceed.
Wind 2020-11-17 20:30:15
Need not
Yitian 2020-11-17 20:30:11
, confirming the gain wasn't
very noticeable . (2020-11-17 20:30:30)
release take no effort
zero
Seeing heavy feelings will
make you uncomfortable,
but you will feel
comfortable after
releasing them.
Yitian 2020-11-17 20:30:11
So how does one
continue while trying to escape?
(2020-11-17 20:30:23)
I can't seem to
find the right feeling. @风倚天
2020-11-17 20:30:25
This is why I stopped working these past few days.

Wind 2020-11-17 20:30:36
When you're trying to escape, simply becoming aware that you're escaping, and then making the next decision to release yourself, is how you achieve liberation.
vague feeling

Releasing your desire
to change your
feelings is the fifth
step.

The era of the Internet of Everything 2020-11-17 20:31:42

What I released today is
making me irritable tonight. (Yitian,
2020-11-17 20:32:46)

@GoodWind. Facing heavy feelings, letting go helps, but as they resurface, I feel frustrated and angry.

anger

Huixuan 2020-11-17 20:33:57

@The wind has been released for too long, what if it's not completely released? Let it release completely this time, and feel it again tomorrow. There's still wind. 2020-11-17 20:34:00

It can be released all at once.

Yitian 2020-11-17 20:38:11

So they will want to escape.
It's normal for it to recur if you release it repeatedly.
Because once you stop releasing, the
feelings will develop into more feelings,
just like trees growing.

Huixuan 2020-11-17 20:39:52

I mean, I felt clean and happy, and I'll definitely feel that way again next time. (Yitian, 2020-11-17 20:39:55)

How can it be released all at once? If it keeps recurring, is it stuck? (Wind, 2020-11-17 20:40:04)

Lester Levenson (The Sedona Method) once said that one should continue to release oneself in a state of pleasure.
dig down
In a pleasant state, you are more able to access
deeper, repressed feelings and take the
opportunity to release them.

Two people 2020-11-17 20:40:15

@Wind was much better for a while, but jealousy resurfaced. (Wind 2020-11-17 20:40:19)

Only then can it be released all at once.
Otherwise, you're just constantly experiencing pleasure,
then falling, then experiencing pleasure again. When will
you ever truly be free?
Go read that article. high to The release mentioned this issue. (2020-11-17 20:40:38)

It's hard to let go of a problem!

But life can change . (2020-11-17 20:40:40)

Once you've released it, the problem will
completely disappear from your mind. It won't
reappear.

(2020-11-18) is similar to many psychotherapies and other spiritual practices.

What exactly is different about the laws?

Yitian 2020-11-18 03:51

Many psychotherapies and other spiritual practices also talk about emotional release. How is the emotional release in the Release Method different from theirs?

Roller 2020-11-18 03:52

That's called psychological stress relief.
It only makes you feel good temporarily.
The release method helps you eradicate
emotional programs and prevent them from
continuing to control you; therefore,
the release method truly empowers you to
become the master of your emotions.
Yes. The more you get caught up
in the story, the more despair
you feel. (2020-11-18 03:57)

The facilitator may not even know what the other person released until they have completely released their emotions; the facilitator doesn't need to ask what the other person was troubled by.

Roller 2020-11-18 03:58

So I gradually realized that everyone is truly unwilling to let go of their precious possessions. That painful feeling...

Because once I let go, I can't let others believe how miserable I am. (Yitian, 2020-11-18 03:59)

A therapist needs to know a lot about your private life, while a release therapy facilitator doesn't need to know anything about your situation.

@Roller, you need to explain clearly how the release method actually eradicates the program.

Roller 2020-11-18 04:24

I don't want to explain it clearly. I can only understand it more and more through experience.

Yitian 2020-11-18 04:24

How exactly do we program?

Roller 2020-11-18 04:25

I just want to be an obedient elementary school student and do as I'm told.

I need to be patient with myself and truly and simply let go.

I'm going to tell you this. I could write a paper about it, but it wouldn't be of any use to you. Just listening to me without experiencing it yourself is utterly useless.

Just like the six steps the wind told me. He explained it to us many times, but we couldn't understand it until we had experience with it. It's simply about doing it and verifying it.

What exactly do you want? Talking about freedom? Sure! I can talk to you about it while I'm free. [covering mouth]

Roller 2020-11-18 05:13

I'm slowly beginning to understand what you asked us to do yesterday: write down the ways we find happiness. As you increasingly discover that the joy and pleasure derived from releasing joy outweighs all other methods, you'll be able to release more often. This is the importance of step six—you'll be more inclined to do it more often.

Because the subconscious tendency to seek happiness in the world is too heavy, it must be gradually redirected through positive actions. (2020-11-18 05:16)

Yes

Roller 2020-11-18 05:16

I feel like I'm growing to some extent every day.

That's awesome! Getting this notebook is so important! [covering mouth] I need to slowly adjust my habits.

I'm going to include this in my list of takeaways too!
[laughing][laughing][laughing]

Roller 2020-11-18 05:33

Moreover, to check if you are releasing correctly each time, look at the sixth step of the Golden Six Steps. It must conform to the sixth step of the six steps. When you feel happier and more joyful each time you release, I mean every single time, you will want to release and clear out the garbage!

This is where the value of the notebook becomes apparent. When you feel unmotivated, looking at it and reviewing it helps you realize how many benefits you've gained from this process.

You will then change direction and proceed to the six steps! This is how the golden six steps are used!

Don't force or control yourself by shouting slogans in the first step; that will only backfire! Lester said you'll get what you want ; it turns out he just wanted you to officially enter the golden six steps.

What we teach in the market is misleading.

Doing it a hundred or a thousand times will make you happier and more joyful.

Why not do it?
What do you want me to believe
in? You haven't even done
anything to release anything.
I don't want
to talk about
those things;
I just want to
say that the
six steps rely
on his
verification.
I just want to give you motivation.
I couldn't find the
feeling of release when
I was translating
emotional guidance
videos.
I see everyone in the group has had a
great experience. I'm also very
anxious !
Looking forward to you taking flight

Roller 2020-11-18 06:50

You don't need to be clear
about it. Just practice
slowly and gradually make
the feeling clearer as you
continue to control it.
The standard for judging your release is step six.
Does the "Golden Six Steps" mention a clear and
particularly noticeable release experience? Does it need to
originate from the chest? Why let the program you want to
control drive you?
If you do it a hundred or a
thousand times, you'll be
happier and more joyful, so why
not do it?
What do you want me to believe
in? You haven't even done
anything to release anything.
I don't want

to talk about
those things,
I just want to
talk about the
six steps.

2020-11-18 Release the desire to control, and the sense of control will naturally emerge.

Wind 2020-11-18 18:31

Release the desire to control,
and the sense of control will
naturally emerge. Control is a
good thing.

As we know, control isn't a bad word, nor is it a bad thing; it's the "desire" to control that is. When we are free , we can completely control the entire universe with just a simple thought. When you become free, your mind is quiet, without any thoughts, so any idea you put in your mind will materialize and come to fruition. But currently, your mind may be...

Thousands upon thousands of thoughts troubling me, and all of them are related to AGFLAP . Every atom in the universe can listen to you.

This is what Lester Levenson (The Sedona Method) said.

How are emotions formed? (November 19, 2020)

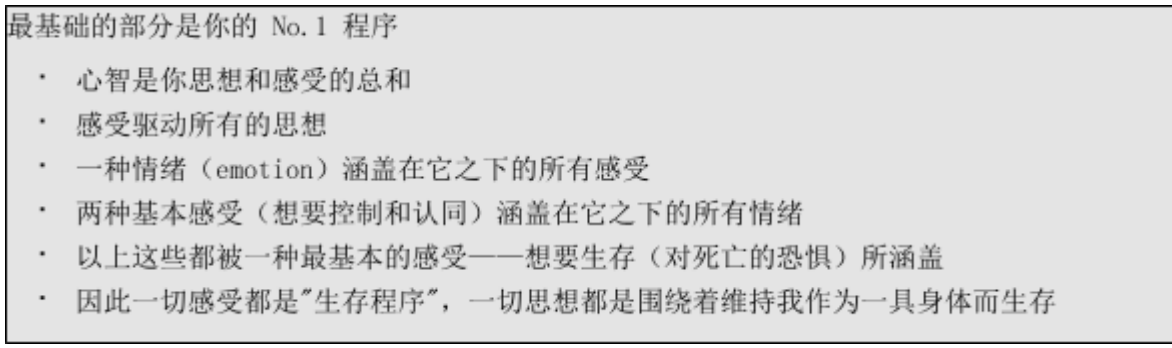
Yiman 2020-11-19 10:12:18

@Fengfeng , I'd like to ask, are emotions formed by the stories we create in our minds using various feelings? Or...?

the N feelings it encompasses ?

Wind 2020-11-19 10:14:10
This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we can eliminate all sensations! It's so basic, therefore extremely effective.



@Yiman has finished summarizing.

November 19, 2020: Is it better to release boredom or utter despair?

corldraw 2020-11-19 10:18:11
> @Hello Feng! Do you mean releasing all nine emotions, or just the smaller emotions within those nine emotions? For example, if you're bored, do you mean releasing boredom or releasing utter despair?

Wind 2020-11-19 10:18:20
> Releasing utter despair is more effective than releasing boredom. Releasing the underlying desire for control and validation is more effective than releasing the despair itself.
> Lester Levenson (The Sedona Method) mentioned that the method he discovered differed from any existing traditional methods.

(Lantern 2020-11-19 10:19:36)
> @Wind knows that this release method suits me better, but a deeper understanding will broaden my perspective.

Wind 2020-11-19 10:19:44

Similarly, Yogananda's interpretation of the "Nabhikapa" samadhi also aligns with the six steps.

Golden 2020-11-19 10:19:50

@roller This is an insight gained by someone after using the Release Technique.

Lantern 2020-11-19 10:19:55

I haven't had any contact with those two. I've only been exposed to Buddhism, the Tao Te Ching, and Christianity. (2020-11-19 10:20:10)

However, I won't talk about these things too much; I'll just let it go.

come on

Roller 2020-11-19 10:20:29

This isn't his story. I've read it several times; he didn't even reach the first step of the six steps.

By using Lester's teachings to define awakening, we won't mistake the scenery along the way for the destination.

Lester's description of the destination uses several words...

One is imperturbability , an absolute tranquility that cannot be disturbed by anyone or anything.

(He also explained that in Sanskrit it's called nirvana.) Wind 2020-11-19 10:50:14

Another description is easier to understand.

roller 2020-11-19 10:50:20

And also: Omnipresent, Omniscient, Omnipotent (Wind, 2020-11-19 10:50:25)

all-knowing, all-powerful all- present

Omniscient, omnipotent, omnipresent

The place of awakening is here. When you reach this point, you are the infinite. (Beingness) is the only experience; everything else is just that.

Lantern 2020-11-19 10:50:30

Okay, I understand. I really benefited from this. Thank you.

2020-11-19 Staying still is utter despair; exerting force is fear.

DJ 2020-11-19 10:51

I didn't understand what Roller teacher meant when he said that staying still is utter despair, and exerting force is fear. (Wind, 2020-11-19 10:53)

Can you pinpoint where the stagnation lies and where you're overexerting yourself? (dj 2020-11-19 10:54)

@The wind is good, I'll slowly appreciate the wind.

2020-11-19 10:54

Look for Purple on the mood chart (2020-11-19 10:55).

Staying still is like not wanting to change, refusing to change; exerting effort is like

desperately wanting to change. (2020-11-19 10:55)

Allow yourself to get frustrated first.

Then you can release it at that moment, or you can release it later.

DJ 2020-11-19 10:58

@Wind I tried it, but I couldn't release it immediately. Afterwards, the feeling wasn't as strong.

You can always release it.

If you're stuck, you can release what you want to change; that will make you feel better.

If the feeling isn't strong, and you feel like you've suppressed it, and you want to experience that intense feeling again, you can also release the desire for change.

Roller 2020-11-19 13:51

The sixth step is the testing standard for each release.

feel happier and lighter

Physical reactions are physical reactions. When you experience fear, worry, or doubt in response to these reactions, that's your actual feeling. Does that make things clearer for you?

So, burping and farting are not the standard for determining release, let me emphasize again. The right way is if you feel happier and more relaxed each time you release.

If not, then please practice

more, practice more. I can't

practice for you.

Releasing is really simple; if you don't know how, just

practice more. All the learning content you need is

available on our official WeChat account. Don't focus

too much on the sensations; let them go, continue

releasing, and you can feel even more high. The release

course didn't mention any physical reaction.

Roller 2020-11-19 14:00

it's just about your now feeling

Feeling good is feeling good, feeling bad is feeling bad; bodily reactions vary from person to person. Keep releasing.

2020-11-20 Every master of invention obtains their methods from Samadhi.

Wind 2020-11-20 19:33:06

You'll find that all the masters of invention

initially used this intellectual approach because an

awakened skill cannot be discovered "by chance."

It must have a strong will and continuous self-exploration.

Lester's discovery of the release method was a

process of focused self-exploration; therefore,

any method invented by the mind is incorrect.

A method can only be invented

under one condition: highly

focused self-exploration.

That is, in fact, the manifestation of the path that only occurs in union with God.

Wind 2020-11-20 19:37:09

When I first began exploring, I knew nothing about metaphysics or the path to

awakening. In fact, at the time I was against all religions and all metaphysics; I thought it was all nonsense, and only idiots or people who believed in fairy tales would believe it.

But it was only because of the intensity of the Desire to get the answers I had to have the answers, that they began to come, and they came relatively quickly. Over a period of three months time I went from an extreme materialist to the opposite extreme: the material is nothingness and the spiritual is the All.
But it was precisely this intense desire for the answer that caused it to appear automatically in a relatively short time. Just three months later, I went from one extreme of materialism to the other. Matter is nothing; spirituality is everything.

The wish to get the answer was so strong, that in spite of my mind being one of the noisiest of minds, the answers began to come. I automatically fell into things (I knew no words for them) like samadhi. I would concentrate on a question with such intensity that I would lose awareness of the world, lose awareness of this body, and then I would be aware of just a pure thought, the thought itself would be the only thing existing in this universe. That's absorption when the thinker and the thought become one. One loses consciousness of everything but that one thought. That's a very concentrated state of mind and the answer is always discovered Right there.

The desire for the answer was so intense that even with my mind unusually noisy, the answer still came. I automatically entered what is called samadhi (I didn't know the term at the time) . I would focus on a single question, the intense desire for the answer making me forget the world, forget this body; I only knew this one thought, this one thought that was the only thing existing in the universe. Concentration allows the thinker to become one with the thought. You lose awareness of everything else, only aware of that one thought. This is a very focused state for the mind, and you will find the answer is right there.

I started with What is happiness? What is life? What do I want? How do I get happiness? I discovered that happiness depended upon my capacity to love. At first I thought it was in being loved. I reviewed my life and saw that I was very much loved by my family and friends and yet I was not happy. I saw that was not it. Continuing, I realized that it was my capacity to love that gave me happiness.

I started by asking myself, "What is happiness?", "What is life?", "What do I want?", and "How can I achieve happiness?". I discovered that happiness depends on the capacity to love. At first, I thought happiness was being loved. But when I looked back on my life, I saw that even though I was loved by my family and friends, I was still unhappy. I realized that happiness is not about being loved. So I continued until I realized that it was my capacity to love that made me

happy.

The next question was What is intelligence? I persisted until Ah! I saw it! There is only one intelligence in the universe and we all have a direct line to it.
The next question was, "What is intelligence?" I explored until, "Ah! I understand!" There is only one intelligence in this universe, and each of us has a thread leading to it.

Then I worked on responsibility and discovered that I was responsible for everything that happens or happened to me. Creation was something I Created! Then I began to explore responsibility and discovered that I am responsible for everything that has happened to me or has happened. I am the creator.

Wind 2020-11-20 19:37:52

Every master of invention attains it through Samadhi; the mind cannot invent something that can awaken.

Method

Therefore, when Haier tried to improve his skills using his own intellect, he was unlikely to succeed.

Bethlehem Star 2020-11-20 19:38:37

Wow, this passage looks so clear now! I hadn't noticed so many things before.

Wind 2020-11-20 19:39:49

It was mentioned only briefly in my autobiography.

It made people think he was merely recalling happy moments in his mind.

Bethlehem Star 2020-11-20 19:40:27

Only after succeeding did I understand the method I used.

Wind 2020-11-20 19:40:33

But he was highly focused while doing this, and in fact, he unintentionally achieved samadhi, from which he continuously drew inspiration.

This method was invented.

How was the six-step process suddenly confirmed on November 20, 2020 ?

Wind 2020-11-20 21:11:16

You can make anything you want a part of your experience.

During the retreat, I also achieved many goals, but I didn't use a goal chart.

I've just listed out what I want to achieve.

Then they kept releasing the tokens, and later found that most of them were successful.

Roller 2020-11-20 21:14:03

Have you taken the first step during your seclusion? (Wind, 2020-11-20 21:16:07)

That later confirmed the six steps.

After confirming the six steps, I knew something had completely changed. (2020-11-20 21:18:06)

How did you suddenly confirm the six-step process?
Later, I suddenly realized that it was the pre-stream in the Agamas.

Wind 2020-11-20 21:18:33
After reading the Venerable's explanation, I learned that
it is also the confirmation of "Nybhāṣā" samadhi in yoga,
which is the first step to achieving it.
Only after achieving the
first step can you
dispel your doubts; only
when doubts are
dispelled can it be
considered
"confirmation."
The entire road will appear before you.
You know directly how to get
to the destination— you know
it directly, without needing
to think.
Then you realize that every action you take cannot
go against freedom; this sense of changing the
flow is very clear.
Do you mean you know all
six steps directly? (I am Wuxian,
2020-11-20 21:20:55)
@Wind
How long did it continue to be released?
I released myself for
less than a week, then
I went into seclusion
to release myself for
a whole week?
Wind 2020-11-20 21:22
Continuo
us
release
My sustained release wasn't about
sitting there forcing myself to
release; I wrote down many goals on
it.
My inner monologue
was a confirmation

of how I felt at
the time.
I released it once, and then I felt great.
I would say to myself, "Wouldn't it
feel better to let it out again?"
Let's verify step six.

Wind 2020-11-20 21:23:52

Then I got stuck, so I said, let's
verify step five and release the
control I'm trying to get to see if
things will get better.
I took a look, and haha, it
really went smoothly! I'm so
happy to release it again!
So the whole process was actually quite interesting.
It wasn't the ascetic
sitting there that many
people imagined; it probably
lasted for several days
afterward.
I was already
feeling very happy
when the insight
naturally emerged.
I know directly what the sole
source of happiness is, and when
you cover it up with feelings,
that is suffering.

Wind 2020-11-20 21:27:12

Pain is what limits your infinite existence.

The moment this realization occurred, I immediately felt that something had changed.

The release becomes very proactive; it doesn't need any of those paper goals to entice you—it's just about releasing, releasing, and releasing.

Then I reached the point I mentioned , and my entire mind suddenly detached.

In that instant, I felt all the power I was using in my mind go inward; I felt my entire body and mind turn in that direction, and then I suddenly knew exactly what to do next.

At the time, I thought those experiences were individualized, so I didn't go into detail about many things, such as how I would suddenly relax completely and straighten up when the physical stress was relieved.

Now I know this was bound to happen, because it is a prerequisite for entering Samadhi and one of the first few steps to reach "Nabhikpa" Samadhi.

Wind 2020-11-20 22:05:11

I delved into the last remaining limitation within myself.

(2020-11-20 22:05:20)

Is it a feeling of separation?

(Wind , 2020-11-20 22:05:29)

Yes, it's a sense of separation.

Then I retained just enough of that tiny bit of fear of death to barely contain the feeling of separation .

2020-11-20 Wind and Sky — What is the current state of the wind?

Wind 2020-11-20 22:10:29

Then I reset the
Agamas and I reset the
Bible.
Reset the Vedic scriptures

Tiancheng 2020-11-20 22:11:11

How are you doing
right now? (Wind, 2020-11-20
22:11:40)

Having cleared away all
karmic obstacles in the material
world, Tiancheng (2020-11-20
22:11:54)

Can something be
instantly materialized? (Feng,
2020-11-20 22:12:07)

I haven't tried it.
I've only done one material experiment, and that was with water.
Clearing away karma from the material world is actually me
seeing that what we call dreams is more real than the material
world; I see that the seeds I have about it have disappeared.
Accompanying this is the disappearance of sexual desire.
There is no difference between men and women.
However, I also know that I have retained the karma of my astral body
and the karma of my causal body.

2020-11-20 Wind and Sky — How can we move towards freedom more quickly?

Tiancheng 2020-11-20 22:58:26

I would like to ask you for advice.
How can I achieve freedom
more quickly? (Posted by Feng,
2020-11-20 22:58:47)

I can't give any better
advice than to keep
using it and use it to
its fullest potential.
I strongly suggest you use it
to leverage those goals in
everything you do.
By continuously acquiring
knowledge, we can promote
our own release and enhance
our motivation to release.
If you get into the habit of using
it for every goal you set, you'll
get there very quickly.

Tiancheng 2020-11-20 23:00:03

Um

Wind 2020-11-20 23:32:55

I will spend half a
day walking the entire route.
(Tiancheng, 2020-11-20 23:33:42)

Are you in your current state and can
complete the entire route in half a day? (Wind,
2020-11-20 23:33:49)

Um
Because I'm just trying
to suppress the feeling
of separation, since
it's actually impossible
to go back now.

Tiancheng 2020-11-20 23:34:22

Isn't this
tiring? (Wind, 2020-11-20
23:34:32)

It requires some effort . (2020-11-20 23:34:36)

Press and hold to separate the wind. 2020-11-20 23:34:51

Because once you've truly achieved the first step, implementing the subsequent five steps will be a natural progression; I won't dwell on it for too long.

I couldn't hold it in for too long.

2020-11-20 Wind and Heaven - How does wind truly achieve the first step?

Tiancheng 2020-11-20 23:37:13

How did you actually manage to take the first step? (Wind, 2020-11-20 23:37:34)

Implement the six steps the gain from step six to advance step one is a perfect process.

Your usual search for
happiness in all parts of the
world will become your primary
goal.
But as you reap the rewards of letting go, you
will increasingly discover the source of
happiness until you discover that the sole
source of happiness is the infinite existence
within you.
You will lose all
external goals, and your
entire direction will
change.
Will reach the first step
When you reach the first step, you will fall into the next five steps.

My experience with the Wind Release Method on November 22, 2020

Yitian 2020-11-22 19:07:11

@Wind I asked you to write an autobiography, but you weren't interested. How about you talk in detail about your experiences learning the Liberation Method? That would also summarize your "Path to the Cessation of Suffering".

Wind 2020-11-22 19:07:29

This is not the
"Extinction of Suffering" Daoist
Traces . (2020-11-22 19:08:26)

I think so
Is it okay to
release the "Traces
of the Dao" now?
That's what I came
into contact with
back then?
Why did we need to
learn the release method back then?
(Feng, 2020-11-22 19:09:37)

It should be 2014 .
Yitian 2020-11-22 19:09:45

If you've studied Buddhism so well,
why try the "release method"? (Feng, 2020-11-22

19:09:50)

Actually, I saw the lettering back
in 2013. The movie I saw back then
was "Triple Welcome".
I didn't pay much attention

[Wind's Chat Log]
Wind 2020-11-18 16:11:27

The feeling of meditation is wonderful, but
it also feels like a way to escape from
focusing my attention on a specific goal.
I don't know why this was done.
By focusing on just one thing, worries
quickly disappear, the body feels
light and at ease, and the mind
becomes joyful.
Emerging from it brings an
indescribable sense of calm, and a
strong connection is established
between the heart and the object.
Emerging from it brings an indescribable sense of calm.
Approaching any problem with this composure
leads to quick answers; this is how I tackle
my studies.

But when emotions arise, sometimes I find myself
unable to suppress them, and sometimes the
environment doesn't allow me to enter a meditative
state.
I feel like I'm being controlled by something.

That feeling of being driven by inner forces
hasn't disappeared at all; I'm just
suppressing them.
This became especially evident after I learned the release technique.

So I completely gave up on
the practice of meditation,
knowing that it wasn't the
right direction for me.
】

This is why I gave up meditation
Giving up Vipassana came later, at a later time.

Yitian 2020-11-22 19:11:00
Why give up Vipassana meditation?

Wind 2020-11-22 19:12:15
Because I personally experienced that the release method is more efficient.
And it wasn't because my "insight" practice was bad that it caused this.
Because my fellow practitioners all
believe that my "Vipassana" practice is
highly efficient, it's truly because my
method is more efficient.

Yitian 2020-11-22 19:13:50
Having a foundation in meditation
naturally makes practicing
Vipassana more efficient; it was
only after experiencing the
release method that I abandoned
Vipassana.

Wind 2020-11-22 19:14:16
Um
I am a pragmatist when it comes to spiritual practice.

I am Infinite 2020-11-22 19:15:36

Me, write it? That'll have to wait another ten years. I'll just write "The Days I Became Enlightened with the Wind" [crying]. I don't think that's important; enlightenment is the most important thing.

Yitian 2020-11-22 19:16:09

You've mastered Vipassana meditation so well, why did you still go to experience the release method? Was it just out of curiosity? @风我是无眼 2020-11-22 19:16:28

My own enlightenment is the most important thing. What's the point of other people's past? [laughs]

Wind 2020-11-22 19:17:30

I feel my progress in Goenka Vipassana has slowed down somewhat.

I went to ask the teacher about the problem of proving the result, and the teacher said, "don't..." expect

I am Infinite 2020-11-22 19:18:33
How well did that teacher do?
Why not have expectations? Maybe it's because you haven't accepted it yet. [facepalm]

Wind 2020-11-22 19:18:36
Goenka never claimed
to have attained enlightenment.
(2020-11-22 19:19:40)
[Facepalm][Facepalm][Facepalm]
Wind 2020-11-22 19:19:44
The senior disciples tend to
believe that this is a matter
spanning several lifetimes,
and that Vipassana meditation
involves more than one
teacher.
Vipassana has centers around the world

I am Infinite 2020-11-22 19:19:50
Okay, my turn. I'm
not giving up either. (2020-11-22
19:19:59)
I participated in the
Victoria Centre event. My ID is
Unlimited. 2020-11-22 19:20:47
I feel impatient my whole life

Wind 2020-11-22 19:20:49
You can register at other
Vipassana centers anytime. (I am Wuxian,
2020-11-22 19:20:55)
[laughing out loud]
I've seen it too,
but I didn't go there.
(2020-11-22 19:20:58)
Later, I began searching for
methods to quickly attain
enlightenment and finally

found the Sun Lun Zen
method.

Yitian 2020-11-22 19:21:10
Oh, Sun Lun's Chan practice was learned after Vipassana meditation.

Wind 2020-11-22 19:21:18
Sun Lun is the only one who promises to help you
attain enlightenment within weeks, months, or
years, depending on your individual karma.
But by then I had already seen Leicester.
Sun Lun's teachings view karma as
something limiting, and even after
attaining enlightenment, one is not
omniscient or omnipotent.

Yitian 2020-11-22 19:22:26
Did you know about the release method before you encountered Sun Lun's Zen Dharma?

Wind 2020-11-22 19:22:37
Rather, it is known
before one is
subject to certain
restrictions.
It's just that it wasn't being used extensively back then.

Yitian 2020-11-22 19:23:00
How long have you
practiced Sun Lun's
Chan method? What
have the results
been?
How long can you meditate at most?

Wind 2020-11-22 19:24:10
It's more
effective than
Goenka meditation;
I can sit in it
for a whole day at
a time.

I am Infinite 2020-11-22 19:24:19
I read about Sun Lun's Zen teachings, and I found that they weren't suitable for me. I couldn't even remember the rules.
(Yitian , 2020-11-22 19:24:23)
That's terrifying!

Wind 2020-11-22 19:25:20
Actually, there are no
rules, it's just about breathing heavily
. (Yitian, 2020-11-22 19:25:27)
Don't even try
[laughs] I'm Infinite
2020-11-22 19:25:38
Rapid breathing can cause tingling sensations on the scalp.
Before I came into contact
with cultivation, I tried using the
Heaven-Slaying Sword. (2020-11-22 19:25:40)
Breathing
heavily is tiring.

(2020-11-22 19:25:45)
Of
course
it will
be very
painful.
It aims to utilize suffering as a means of proof.

I am Infinite 2020-11-22 19:25:50
I suddenly wondered what would happen if I kept breathing heavily? Then I tried it, and it was quite fun. (2020-11-22 19:26:12)
I feel numb all over.

I am Infinite 2020-11-22 19:26:19
How can suffering lead to enlightenment?
Then you breathe heavily all day [facepalm]

Wind 2020-11-22 19:26:17

This suffering is not
something created, but
a manifestation of
karma.

I am Infinite 2020-11-22 19:27:10
Really? But it was caused by your breathing.

Wind 2020-11-22 19:27:15
If one has good karma, one can
also experience the bliss of
enlightenment by breathing
vigorously without constant
suffering.
Yitian 2020-11-22 19:27:39
Did you try some release methods before practicing Sun Lun's Zen method?

Wind 2020-11-22 19:27:44
He's very stable once he gets used to Zhihu.

I am Infinite 2020-11-22 19:27:48
I think I read an article that said there's a fixed number of breaths, and that breathing too much at once can shorten your lifespan [facepalm].

Wind 2020-11-22 19:27:50
I've tried some
I am Infinity 2020-11-22 19:27:55
So I didn't continue trying
at that time. I remember it
was when I was a teenager
herding cattle .

Wind 2020-11-22 19:28:57
Then you will feel pain all over your body.
At this moment, hold your breath and observe the most intense suffering described.

I am Infinite 2020-11-22 19:28:59
I missed an
opportunity for enlightenment .
(2020-11-22 19:29:10)

It will gradually disappear without you even noticing. (Yitian, I am Infinite, 2020-11-22 19:29:16)

When was the first attempt at the release method made? (Feng, 2020-11-22 19:29:54)

Summer vacation before the last semester of senior year (by Yitian, 2020-11-22 19:30:10)

Returning to Sun Lunchan

What obstacles did "Sun Lun Chan" encounter? (I am Infinite, 2020-11-22 19:31:36)

My whole body is numb. I just tried the wind. 2020-11-22 19:31:40

Not a time limit

I am Infinite 2020-11-22 19:31:44

I'm excited to discover that
I might have a talent for
Sun Lun's Chan teachings.

Wind 2020-11-22 19:31:50

"Sun Lun Chan" has indeed
made me feel much more
relaxed; I've felt its
effect on diminishing karmic
habits.
But I found that releasing easily once is
equivalent to sitting there suffering for
several days. I experimented a few times, and
it's true.
It was hard to accept at first

Yitian 2020-11-22 19:32:30

Did you experience many special states of enlightenment during the practice of "Sun Lun Chan"?

Yitian 2020-11-22 19:33:10

While practicing Sun Lun Chan, did you also try the release method?

Wind 2020-11-22 19:33:16

I tried it during my break.
One release is equivalent to
several months of my Goenka
Vipassana practice, or several
days of my ascetic practice of
Sun Lun's meditation.
Therefore, Sun Lun's meditation method
is indeed much faster than Goenka's
Vipassana and is a more efficient
method within the meditation system.

Yitian 2020-11-22 19:39:18

Spending long
hours meditating every day?
(Posted by Feng, 2020-11-22
19:39:30)

When practicing

diligently, I spend the whole day relying on the Heavenly Sword. (2020-11-22 19:39:32)

Sitting here all day, feeling the wind blowing.
2020-11-22 19:39:47

Even when I'm slacking off, there are at least two or three hours.
(Yitian 2020-11-22 19:39:56)

Did you fix it yourself by reading books? Without any guidance? (Feng, 2020-11-22 19:40:09)

I emailed the center in Myanmar and they said that just reading that booklet is enough, no teacher's guidance is needed.

Yitian 2020-11-22 19:40:33

It seems they want to ask Zen Master Sun Lun for blessings. Did you make that request?

Wind 2020-11-22 19:41:02
I read the prayer.
Buddha, Zen Master Sunlun

Yitian 2020-11-22 19:41:40
Over the course of two months, I practiced Sun Lun Chan (a form of Zen meditation) while also attempting the release method multiple times, right? (Feng, 2020-11-22 19:41:51)
I only tried it a few times, and then gradually increased the number.
Yitian 2020-11-22 19:42:27
Did you experience that feeling of release back then? (Wind, 2020-11-22 19:42:33)
I once released myself for an entire afternoon, and the effect on my mental tranquility far exceeded my expectations. Moreover, this was not the superficial tranquility I had experienced during previous meditation sessions.

Yitian 2020-11-22 19:43:06
It's the kind of feeling you described that won't be confused with other experiences. (2020-11-22 19:43:09)
I clearly felt that the "volcano within" (the subconscious mind) had calmed down, a feeling of release I had experienced long ago.

Yitian 2020-11-22 19:43:56
Did you experience this before you even met Sun Lunchan? (Feng, 2020-11-22 19:44:10)
Yes
I experienced it when I first used the release method, and at that time I even recommended it to some of my fellow

practitioners.

Some were dismissive, while others thought it was good. I even recommended it to a few senior students I met while studying Northern Transmission Buddhism; they used it to aid in reciting the Buddha's name. [Laughs]

Yitian 2020-11-22 19:45:51

The summer before the last semester of senior year, is that the summer after the college entrance exam? (Posted by Feng on 2020-11-22 19:46:02)

no

I had only heard of the Release Law before the summer vacation before the start of the second semester of my senior year.

"I didn't really use it." (Yitian, 2020-11-22 19:47:37)

When was the first time I heard about the release method? (Wind, 2020-11-22 19:48:00)

I saw Letting in a Northern Transmission Buddhism group the year before. Go also downloaded the movie "Abundance".

Yitian 2020-11-22 19:49:17

I saw the lettering in 2013 . The movie ″ Go″ should be your first encounter with the release of French style. (2020-11-22 19:49:47)

It must have been an unexpected encounter with Haier, because the triple welcome isn't strictly speaking a release technique [laughs].

Yitian 2020-11-22 19:50:14

2014 , Zitian Xiu Sun Lun Chan further attempted the release method.

Wind 2020-11-22 19:50:41

At that time, we weren't practicing Sun Lun Chan; we were mainly practicing Goenka.

Yitian 2020-11-22 19:51:13

Did you practice Sun Lun Chan in the summer of 2015 ?

Wind 2020-11-22 19:51:18

After studying abroad, I attended several courses at the Victoria Vipassana Centre.

Sun Lun Chan practiced in 2015

Yitian 2020-11-22 19:52:45

2013 Contact Release Method

2014 Vipassana Practice

2015 Xiu Sunlun Chan

Wind 2020-11-22 19:53:05

Pa Auk Sayadaw began practicing in junior high school . (2020-11-22 19:53:16)

Second year of junior high?

Practicing internal alchemy on the first day of the lunar month? (Posted by Feng, 2020-11-22 19:54:34)

Second semester of eighth grade

Neidan Primary School began researching Yitian (a martial arts technique). (2020-11-22 19:54:02)

I only learned about Qigong in the second year of junior high school and read "Wuzhen Pian" in the first year of senior high school. Yours is too early.

Wind 2020-11-22 19:57:37

When I was in elementary school, I read the Four Books and Five Classics and also saw some Buddhist and Taoist books. At that time, I wanted to cultivate superpowers. Therefore, the study of Neidan (internal alchemy) is based on the principle of "Yitian" (2020-11-22 19:58:06).

Me too Want to have superpowers and be able to fly Have you memorized them all?

(Wind, 2020-11-22 19:59:10)

I memorized some

Yitian 2020-11-22 19:59:24

Do you understand it? (Wind, 2020-11-22 19:59:39)

good

Pay special attention to the practical parts. (Yitian, 2020-11-22 20:00:01)

Then they must be number one in Chinese. (Feng, 2020-11-22 20:00:16)

His grades have always been excellent and he has never fallen out of the top three.

Yitian 2020-11-22 20:00:55

Does practicing internal alchemy at a primary school level result in any sensations? (Feng, 2020-11-22 20:01:06)

have

Yitian 2020-11-22 20:01:06

For example, the Ren and Du meridians [laughs]. No wonder, you're a virgin entering the Dao.

Wind 2020-11-22 20:02:10

After thoroughly understanding the concepts of focusing the mind on the acupoints and lowering the heart, I once experienced the Three Passages descending lower and lower until I was suddenly drawn in at the navel. The thought that comes to mind but cannot be

brought up is
located in the
back of the
abdomen?

Wind 2020-11-22 20:04:09

After a while, I came to my senses, and then a surge of energy rose from my tailbone, traveled up my spine, and reached the back of my head and...

Top of head

Then I felt
completely
intoxicated
and it was
wonderful.

Yitian 2020-11-22 20:04:46

Those who
attain it are often like
those drunk in the wind.
(2020-11-22 20:05:18)

Of course, the feeling of
practicing meditation later was even more
wonderful . (Yitian, 2020-11-22 20:05:30)

Guanweilu, Tongniwan

You have verified the "Medicine Mirror"

Is concentrating on the
acupoint the same as focusing on the
lower dantian? (Feng, 2020-11-22
20:06:58)

no

Focusing on the
dantian is a wrong
practice and can
lead to serious
health problems.

Yitian 2020-11-22 20:07:47

Some say the lower dantian
is the engine of life . (2020-11-22
20:08:22)

By focusing the gaze, listening
attentively, regulating the breath
through the nose, keeping the tongue
closed, and opening the eyes to
"observe" the breath.
His eyes drooped
more and more
spontaneously, and
his breathing
became
increasingly
shallow.
The senses also
become
increasingly
focused inward,
and then the
mind naturally
calms down.
When talking about the navel,
one will naturally be drawn in by the wind.
(2020-11-22 20:09:36)
Only at this time can cavitation occur.
The primordial Qi comes from nothingness.
Before this, your mind was focused
upwards, not downwards; your
concentration was merely in your
head.
No cavitation was formed.
Only in the instant when spirit
and qi unite can there be a qi
cavity; the teachings in popular
books are very wrong.

Yitian 2020-11-22 20:09:36
Some were taught correctly.
Before the re-emergence of the Release Law this
year, I had some contact with it, and it was similar
to what you just said. So you didn't have any
seminal leakage during puberty, right?

wind 2020-11-22 20:15:48

No leaks
The effects of Daoist
alchemy do indeed
include a state where
one's essence is full
and one no longer
desires lust.
Yida 2020-11-22 20:16:30
This is the benefit of entering the path as a virgin.
But what you're doing is
really dangerous [laughs] Wind 2020-11-22
20:17:16
Kids can't imagine the
danger [laughs] Yitian 2020-11-22
20:17:35
Without a qualified
teacher, practicing
Daoist alchemy is very
dangerous; it's not
uncommon for one to
suffer from qi
deviation or demonic
possession.
Wind 2020-11-22 20:18:04
Later I stopped practicing Daoist alchemy.
Buddhism resonates more
with me intellectually.
(2020-11-22) 20:19:13
Was the first
attainment of the first jhana in
the third year of junior high
school? (Feng, 2020-11-22
20:19:23)
Around that time
I reached the second stage of meditation after practicing for one or two years.
Then he stopped practicing meditation and focused on
contemplating Buddhist teachings, while also exploring
other pure insight methods such as those of Goenka,
Luang Por Pamo, and Mahasi.

Yitian 2020-11-22 20:20:35
Haven't tried cultivating superpowers? Kids are generally curious .
(2020-11-22 20:21:05)
At the same time, I also came into contact with Northern Buddhism, including Chan, Tantric, Pure Land, and Yogacara schools. At that time, my curiosity about superpowers had turned into a desire to uncover the truth.
Curiosity about absolute truth surpasses curiosity about superpowers.

Yitian 2020-11-22 20:21:53
So you started studying philosophy? (Wind ,
2020-11-22 20:22:10)
Started studying psychology, philosophy, physics... Yitian 2020-11-22 20:22:19
That's fantastic! (Wind,
2020-11-22 20:22:23)
All knowledge related to explaining the world. (Yitian,
2020-11-22 20:23:04)
My curiosity about absolute truth also surpasses my curiosity about superpowers.
If someone tells me that passing on a spell to me will grant me superpowers, I will investigate why you made the most meaningful efforts during your prime years.
Don't your parents practice Buddhism? (Wind,
2020-11-22 20:26:01)
Not practicing
Yitian 2020-11-22 20:26:15
Do they not care about you much?
You have complete freedom; they won't interfere with what you do? (Wind, 2020-11-22 20:26:52)
Not much to do
Because I have good grades.
Furthermore, he hasn't

picked up any bad habits; he doesn't smoke, fight, or date.

Yitian 2020-11-22 20:27:26

Don't they care what books you read? (Wind, 2020-11-22 20:27:51)

I watched "The Heaven Sword and Dragon Saber" online and at school. (2020-11-22 20:27:56)

[laughing out loud]

Wind 2020-11-22 20:28:01

Because I've read too many books. (Yitian, 2020-11-22 20:28:05)

Undergrou nd activity wind 2020-11-22 20:28:14

I also read economics . (2020-11-22 20:28:39)

Are they super doting on you ? (2020-11-22 20:28:55)

fine

They divorced when I was in the second year of junior high school. (Yitian, 2020-11-22 20:29:17)

You and your father? (Wind, 2020-11-22 20:29:47)

I spend roughly the same amount of time with both my mother and father. Yitian 2020-11-22 20:29:53

Unaffected ? (2020-11-22 20:30:04)

Basically unaffected. (Yitian, 2020-11-22 20:31:18)

You learned music entirely on your own? (Wind, 2020-11-22 20:31:55)

Self-study Yitian 2020-11-22 20:32:10

Why didn't I learn the flute? In my mind, a chivalrous hero usually has a flute. [Laughing] Wind 2020-11-22 20:32:28

I learned the flute for a month . (Yitian , 2020-11-22 20:32:39)

Don't like it? (Posted by Feng , 2020-11-22) 20:33:01

I don't think it suits me [laughs] Yitian 2020-11-22 20:34:00

You've been on the go the whole way, without taking many detours.

Wind 2020-11-22 20:35:02
Yitian ,
2020-11-22 20:35:27: There were still quite a few detours.
Which ones? Wind 2020-11-22 20:35:41
Before encountering the release method, it was all a detour. (Yitian, 2020-11-22 20:40:03)
The experiences you've had practicing the Release Method over the past five or six years, and the problems you've encountered, are problems that others will also face.

Wind 2020-11-22 20:40:31
From Larry to Haier, interspersed with Xu Yaoren's zero-resistance method, the initial approach using the pipe method was quite challenging.
After reading about "stress relief" in the book of abundance, I understood that I also wanted to release stress, so I let go of my efforts to suppress it, and it went away.

Later, I saw Haier's Saint Dona Release Method and started using the questioning method. I found questions very effective, so I abandoned the book on abundance, but the further I read Haier's book, the more confused I became. So I went on to read "The Road to Ultimate Freedom" and "Ultimate Truth." And two videos from Leicester

Yitian 2020-11-22 20:43:02
Didn't you read "The Road to Ultimate Freedom" first? (Feng, 2020-11-22 20:43:15)
I saw it at first However, I didn't read it that carefully at first. Later, I studied it thoroughly and became very familiar with it. Next, let's discuss the methods in practice. (Yitian, 2020-11-22 20:44:07)
Haven't you pondered "What am I?" (2020-11-22 20:44:16)
After using it, I found it to be very similar to the Zen methods I had used before, but its effects on me were similar to those of "meditation".
Yida 2020-11-22 20:44:45
You've also practiced Zen Buddhism? (2020-11-22 20:44:53)
When I saw many people claiming to have achieved results by asking "What am I?", I

realized that it was actually a matter of limited desire.

It doesn't even qualify as meditation.

They simply don't understand; they think they've sensed their true self, or even that they've attained enlightenment.

Zen Buddhism and Yogacara Buddhism are what I've been paying attention to during my Buddhist studies. (2020-11-22 20:45:48)

Many people mistake meditative states for enlightenment.

How did you learn Zen Buddhism? Did you contemplate "Who is reciting the Buddha's name?"? (2020-11-22 20:48:12)

Of course it's not that casual [laughs]

I carefully traced the origins and development of Zen Buddhism, examining the lineages of Linji, Caodong, and other schools, and studied the *Pointing at the Moon Record* in detail.

He also studied Japanese Zen Buddhism and D.T. Suzuki, and then adopted the method of studying koans.

Yitian 2020-11-22 20:50:17

Which case did you participate in? I've participated in several.

Yitian 2020-11-22 20:50:41

Has suspicion truly arisen? (Wind, 2020-11-22 20:50:45)

Pine and cypress trees in front of the courtyard
Neither thinking of good nor evil,
which is the true nature of the
Venerable Master Ming? There are
doubts, but none have become a
cohesive whole.

Yitian 2020-11-22 20:51:22

I don't feel anything.

Before my parents were born, and before I recited the Buddha's name, I felt that the mystery of Chan meditation lies in using thought to stop thought, and in the unity of stillness and insight.

Take a break and return to the release method.

Yitian 2020-11-22 21:05:33

I found questions very effective, so I abandoned "The Book of Abundance," but the further I read into Haier's book, the more confused I became.

So I went on to read "The Road to Ultimate Freedom" and "Ultimate Truth."

And two videos from Leicester

Here comes the wind 2020-11-22 21:05:38

After listening to Lester's later audio on YouTube, I finally understood that the release method is a complete system, so I wanted to recreate the original release method.

I initially wanted to find the overlap
between Larry and Haier, but then I
discovered that someone had uploaded a
course from 1992 .
So I started the release method from 1992 .

Yi Da 2020-11-22 21:20:59
92 video I watched last year ?

Wind 2020-11-22 21:21:08
Two years ago

Yitian 2020-11-22 21:23:26
What problems did you encounter after watching 92 videos?

Wind 2020-11-22 21:30:40
stuck
There are no other problems. In theory, Lester
Audio has given me a complete solution, but it
often gets stuck.
And the release of
Yitian is frequently stopped.

2020-11-22 21:32:55
What's causing the problem? Haven't
you already mastered the method? The
problem lies in not correctly
understanding the six steps.
It seems they didn't understand steps one and six correctly.

Tiancheng 2020-11-22 21:33:30
Are you currently in a state of seedless samadhi? (Wind, 2020-11-22 21:33:36)
Yes, "Nebikapa"
Samadhi came naturally 2020-11-22 21:34:18
Is this state present every second of every 24 hours?
Wind 2020-11-22 21:34:43
Once you arrive, every action you take will be directed towards liberation; you will not turn back.
This is also the state Lester described after completing the first step of the six steps; before that, your behavior is often directed towards the world.
Tiancheng 2020-11-22 21:35:27
How long did it take you to release the energy and reach this state? (Wind, 2020-11-22 21:35:27)
Therefore, it is necessary to consciously adjust the continuous release for about three weeks.
Tiancheng 2020-11-22 21:36:09
Was it a continuous release every second for three weeks?
It continued to release information for a considerable period, then stopped, and then resumed releasing it again. (2020-11-22 21:37:10)
There were some slight pauses in the middle.
But take a quick look at the six steps and continue releasing Tiancheng 2020-11-22 21:37:25
So the time could actually be shorter . (2020-11-22 21:37:29)
Yes

Wind 2020-11-22 21:43:18
The first, second,

and sixth steps
lack proper
understanding.

Yitian 2020-11-22 21:44:11

What's wrong with
the second step?
Isn't it just a
decision?

Wind 2020-11-22 21:44:57

It is the branch of discernment.
To truly achieve it is for every choice you make to tend towards freedom.
Because if you decide to be free now, and your next
decision is to go out into the world, you will negate it.
You must fully achieve the first step before you can fully
achieve the second step.

Yitian 2020-11-22 21:47:23

Isn't that precisely the
problem with the first
step? If the first step is
fine, and the second step
is fine, how did you
overcome the first step?

Wind 2020-11-22 21:51:07

I achieved the first step by correctly practicing the six steps.
In other words, the initial six steps
are the actions you need to take.
After completing the first step, the
subsequent six steps will guide you.

Yitian 2020-11-22 21:53:12

Like a snowball

Tiancheng 2020-11-22 22:54:38

The mind cannot eliminate the mind
What does the release method
use to eliminate mental distractions?
(2020-11-22 22:57:49)

Releasing the mind onto a path
of eliminating the mind means
you cannot understand God
through concepts.
Even what one considers a "correct" view.

2020-11-24 Wind and Nature — Jivan Mukta

Tiancheng 2020-11-24 08:19:26

13:57 / 40:36
据莱斯特说，他收到了一个内在指示，

14:01 / 40:36
到这里就停下来，保持在这里，却从来没有说明为什么，

14:04 / 40:36
如果他继续释放会怎么样，

Tiancheng 2020-11-24 08:22:07

Did Lester Levenson (The Sedona Method) retain any karma while he was alive? (Feng, 2020-11-24 08:24:03)

He was retained; he was a "Jivanmukhta".

If he didn't hold back, he would directly become Siddhartha, merging into the infinite. (2020-11-24 08:25:08)

If he didn't hold back, would he directly become Siddhartha, merging into the infinite, and his body instantly leave? (Feng, 2020-11-24 08:25:28)

He will be instantly
liberated from the
three bodies,
completely liberated.

The masters also used the excuse that the sole reason for their existence in a physical body was to retain some residual karma to return and help others.

However, one of Yogananda's female disciples directly merged into the Infinite Heavenly Formation. (2020-11-24 08:26:14)

Is a Jivan Mukhtar also completely free? (2020-11-24 08:27:11)

Yes

He can decide to leave Tiancheng at any time. (2020-11-24 08:27:57)

If I leave, can I choose to leave with my body? (This refers to a death without the physical body.) (2020-11-24 08:28:27)

Leaving means not
becoming any kind of
body, including causal
bodies, astral bodies,
and physical bodies, but
you can choose not to
leave.

For example, Babaji, who
is still alive today,
demonstrated the
possibility of physical
immortality.

Tiancheng 2020-11-24 08:29:32

Have you arrived at

"Jivanmukhta" yet? (2020-11-24 08:29:41)

For example, Saint

Yudiswal Tiancheng 2020-11-24 08:29:51

Is this Babaji's mission? (Wind, 2020-11-24 08:29:52)

He arrived at one of the advanced celestial missions in the Astral Realm.

I am not "Jivanmukhta".

To be precise, I have now attained the Samadhi of "Nyabhikpa" and thus cleared away the karma of the material world.

Tiancheng 2020-11-24 08:30:52

So, there's also the karma of the astral body and the causal body? (Wind, 2020-11-24 08:30:56)

One must cleanse oneself until the ego is completely eliminated before becoming a "Jivanmukhta" .

The master's remaining karma had only one motive.

It is about helping others to be free.
Saint Yudiswar served as the
priest in Hilanloyaka, helping
the people there.
He is now using an
astral body; Jesus
uses a causal
body.
Once you are completely free, you can
choose to use any body or you can
decide to merge into the infinite.
Becoming a Siddhartha (One
Who Has Achieved Absolute Liberation) -
Tiancheng, 2020-11-24 08:33:05
becoming a Siddhartha (one who has attained
absolute liberation) also help others? (Posted by Feng on
2020-11-24 08:33:44)
That is at the level
of infinite existence . (2020-11-24
08:34:42)
If one exists infinitely, can one still use any of
their three bodies to help others? (Wind, 2020-11-24 08:35:17)
I will never come back
A person who is completely
integrated into infinity will
never return; he is
omnipresent.
Tiancheng 2020-11-24 08:35:57
Like that analogy, if you climb over the wall
and see another world, you might just jump off . (2020-11-24
08:36:01)
Um
Tiancheng 2020-11-24 08:36:36
How many personal attainments did
Siddhartha (the one who has achieved absolute
liberation) have? (2020-11-24 08:37:08)
That should be more than Jivan Mukhtar (a living liberated person).
Because most people are not inclined
to come back to help others. (Tiancheng,
2020-11-24 08:37:40)
I vaguely recall reading in Leicester's
autobiography that there were several thousand people ...

(2020-11-24 08:37:58)

Leicester's autobiography does not specify the exact number of people.

Lester only mentioned a few living,

completely free men, such as

Yogananda and Ramanamahashi.

Of course, there are also Buddha

and Jesus at the causal level . (2020-11-24

08:39:35)

A person who is completely

integrated into infinity will

never return; he is

everywhere.

So, Lester is also around me?

Have you seen the

movie *Lucy*? (Posted by Feng on

2020-11-24 08:39:40)

I watched

this movie, Tiancheng,

on November 24, 2020.

08:39:45

Does it resemble Lucy's final state?

Wind 2020-11-24 08:39:50
Lucy abroad.
This can be
interpreted as Tiancheng
2020-11-24 08:39:52
she reached 100 , her body instantly disappeared.
Wind 2020-11-24 08:39:59
However, that's
just a movie . (2020-11-24
08:40:00)
Um
Then she used
metaphors
everywhere.
Wind 2020-11-24 08:40:03
certainly
Lester Levenson (The Sedona Method) is everywhere.
Leicester's presence makes
you feel like you want to
see him sometime.
The moment that thought crossed my mind, I
immediately realized he was right beside me; he
had always been there.
When you continue to release, you will feel it.
Therefore, after Lester leaves the
body, he can better help people.
Tiancheng 2020-11-24 08:43:43
What does it mean to say that once
something merges into infinity, it will never
return? (Wind, 2020-11-24 08:43:54)
I will never return
to a body. (Tiancheng, 2020-11-24
08:44:49)
Um
It's everywhere, and it can
even be on my computer? (Feng, 2020-11-24
08:45:00)
In each atom
[smiley face]
However, this level is too
abstract for the average person. (2020-11-24
08:45:10)

Each atom

I was just about to type this sentence

OK

wind 2020-11-24 08:45:26

This is something that every
master of the past has been
saying; I'm just repeating it.

How to relieve the feeling of cold? (November 25, 2020)

Yitian 2020-11-25 11:06

How to relieve the feeling of cold? @Wind

Wind 2020-11-25 11:07

Release your resistance to it and feel at ease. (2020-11-25 11:07)

Is it simply a matter of releasing one's own feelings, without needing to specifically release the coldness in the knees? (Yitian, 2020-11-25 11:07)

Let it be cold? (2020-11-25 11:07)

Um

Just let go of your desire to change. (Yitian, 2020-11-25 11:10)

Physical sensations are the result, caused by the desire to control; this result, in turn, triggers a new desire to control, and so on in a continuous cycle.

Is it right?

Wind 2020-11-25 11:11

The motion sensor only triggers the arm , alarm.

You set this alarm because your body will die if it exceeds a certain high or low temperature.

Don't resist cold and heat; embrace them, and you won't feel cold or hot anymore.

Introduction to the Yoga System (November 25, 2020)

Wind 2020-11-25 12:21:10

The ancient sage Patanjali defined the journey to God in his Yoga Sutras or proverbs, and scholars often refer to his books as the "Patanjali system," as if it were just one volume. However, Parahunsa Yogananda clearly states that Patanjali describes the essential path to seeing God, crucial for every seeker. For example, Patanjali discusses yoga postures—one of the eight steps of enlightenment—without mentioning Hatha Yoga's teachings, although its postures are an important aspect of Indian spiritual science. The Hatha Yoga system is excellent, but not universally effective or beneficial; for instance, the elderly and those with weak constitutions cannot practice it due to their limited physical flexibility. I have created my own system that influences spiritual attitudes

through those movements, incorporating my own doctrines, which I call "Ananda Yoga." Hatha Yoga includes Ananda Yoga, but it is fundamentally not prayer, and some sincere spiritual practitioners often overlook it.

Therefore, the postures in the eight stances of Patanjali refer only to the body being completely still, upright, and with the spine straight.

The journey he described was not merely a suggestion; rather, each stage of practice is a necessary step towards the next. For example, postures—I'm just giving one example here—are learned before one can further control internal energy. If you can sit still for three hours, it means you've advanced to that stage.

The first stage requires the right attitude, which is called external control and internal control: On the spiritual path, one must pay attention to what needs to be done and what cannot be done . Like the commandments of Moses, there are five external controls and five internal controls , for a total of ten . All ten are necessary for spiritual practitioners.

The issue isn't whether to practice or not (although practice is necessary) , but rather that one must master it. For example, as long as even the slightest intention to harm others remains , people cannot truly achieve unity of life; similarly, mere practice cannot truly achieve non-violence.

(Harmless) .

Therefore, the following points need to be achieved during the prohibition (control) phase:

1. Killing—non-violent or harmless. Here, "Patangal" does not mean not harming any living being.

The Roman Catholic Church warns people to be "cautious": because being too fixated on this principle prevents one from doing anything. Indian Jains are a prime example of this caution; they practice the eightfold precept against killing according to Patanjali's teachings, taking it to the extreme. They watch their step on the ground to avoid crushing ants and beetles; they wear masks to prevent inhaling bacteria; they boil water before drinking to ensure it doesn't kill bacteria or other microorganisms (at an individual level) when swallowing—a practice that easily becomes a source of ridicule . (One might ask, shouldn't they walk on their bellies with their faces close to the ground to avoid crushing anything? Wouldn't wearing an iron shield on their head be better, but can they guarantee there are no bacteria around the mask? Shouldn't they tell those willing to boil water for them that it would increase their negative karma? Wouldn't boiling the water themselves kill the bacteria?) My teacher once laughed at the practices of some Buddhists who justified their meat-eating by saying, "We don't kill those animals ourselves! We don't buy the meat; we have our servants buy it for us at the market."

If one is too preoccupied with worldly killing, one easily falls into sophistry . My guru explained the meaning of "Patanjali" (quoting his guru, Yudiswar) : it means relinquishing the desire to harm any living being (not simply killing) . For example, sarcasm can deeply hurt others. Even worse, the mere thought of harming others, whether physically, psychologically, or spiritually, will harm oneself, because it creates disharmony within, thus diminishing one's inner happiness. In short, one must never harm one's relationship with God, the supreme

being of the universe, as this would also damage one's innate joy, because the ultimate truth on the spiritual path is that all things that exist in reality are part of God's blessed consciousness.

If humans can take killing to its extreme , Patanjali tells us that wild animals (and similar creatures among humans) will become very docile in front of humans.

2. Satir - Truth. This trait stems from external control - an attitude that requires the practice of self-control - because if one can restrain oneself from having excessive expectations of external things, then one will naturally speak the truth. However, it is important to be clear that truth is the aspect of reality closest to cosmic harmony; in other words, truth always brings benefits.

If I visit a friend in the hospital and say, "You look terrible!" I might be telling the truth, but it could push him to the brink of death. It would be much better to say, "Oh, well, you don't look as good as before, but I think you'll recover." In other words, don't lie, but telling the truth can help others better, or at least bring you peace of mind.

There is a great difference between truth and telling the truth. The standard is not flattery or hypocrisy, but a sincere desire to be more in line with the truth of the universe.

Patanjali once said that if a person can do this to the extreme, then he can reap the rewards of his actions even if he does nothing.

3. Do not steal—do not be greedy. If you have ever possessed something that belongs to someone else, then first give it back to them from the bottom of your heart—even though...

You already have it, so give it to him without any hesitation.

Greed connects you with things, and this can also bind you, like tying a balloon to the ground. Desire easily limits you, creating self-imposed prisons.

If you excel at being free from greed, you'll find that wealth will come knocking on your door, and you'll have more than enough to live on.

4. Abstinence. Literally, abstinence primarily refers to Brahmanical teachings. If one wishes to reach higher levels of spirituality, sexual desire becomes a chain around the ankles, hindering progress, both spiritually and otherwise. Sexual desire not only traps one's energy in lower vortices, but, if one becomes deeply entrenched in them, it also greatly wastes personal energy—especially a man's. Overcoming sexual desire is like releasing an eagle to soar freely in the sky.

On the other hand, those who indulge in sex and claim to have discovered inner freedom will eventually find that this freedom is like a fish breaking free of a fisherman's net, ultimately only to fall onto the dry deck of a boat.

Patanjali said that abstinence can greatly enhance a person's physical strength, vitality, and endurance.

5. Not enslaved by things—not possessive. True inner freedom can only be experienced after overcoming attachment to anything, even one's own body. What people call property is actually nothing more than debt to themselves. One should psychologically let go at any time, like my master who immediately gave away his motorcycle to someone who liked it.

There's a great exercise in not being enslaved by material possessions that everyone can do: freely give away anything someone desires or really likes . But if it's something used in prayer—like an expensive computer—then we can say, "This isn't mine, I can't just give it to you." My approach has always been to give things away if someone wants them. If they say they want to buy it with money, I'll reply, "I'm not a businessman! I'm happy to share with you freely."

Patanjali said that achieving the ultimate state of non-attachment to material things allows one to remember their past physical body. In other words, if a person is no longer attached to their body, they will see the path of their next incarnation.

five aspects of inner control, or what "needs to be done" on the spiritual path:

1. Cleanliness—purity. Physical cleanliness helps us transcend bodily consciousness; mental cleanliness means not focusing on anything that allows the spirit to descend back into bodily consciousness; spiritual purification means having no distracting thoughts except for God.

Jesus Christ said, “Bless those who are pure in heart, for they will see God.”

Patanjali believed that the ultimate purity brings inner freedom, and one will no longer focus on personal pleasure.

2. Contentment brings happiness. Euthystes, in the Mahabharata, calls contentment "the highest virtue." Saint Euthystes said that money "feels most comfortable in the purse." Contentment means realizing that external things cannot make you happy, but that you yourself are happiness, you yourself are blessing!

Everything you need exists within yourself!

The ultimate form of contentment is feeling God's blessing in everything you do.

3. Asceticism. Asceticism means self-restraint, not self-blame or self-deprivation. (From the film "San Dianisvale," subtitles...)

The translation of asceticism as "dedication" is not entirely accurate. However, the word "spiritual practice" itself implies an upward flow of energy, which is reasonable in that sense. Everything a person does needs to guide this upward flow of energy, towards God. Extreme asceticism can generate spiritual and mental strength.

Self-focus—self-study, or introspection. Many books translate this term as "scriptural study," but this study truly helps people understand a higher level of destiny; Swa literally means the higher self. If a person can habitually analyze their own motivations, be self-consistent from the outset, and openly accept past mistakes, then they can steadily progress towards their ultimate goal. Such a person acts only to please God, not for personal gain.

Taking introspection to its extreme can give you energy, allowing you to communicate directly with those in higher realms and gain their help.

Reverence for the divine—the worship of the supreme self. The Supreme God, the God of the universe, is the true self of all things. All human actions should be conscious acts of worship, sacred offerings before the altar of supreme perfection.

Patanjali believed that if a person achieves perfect inner control, he will enter the light of ascension and feel divine love guiding him to achieve oneness with God.

Sitting posture (third level) - Posture: As I mentioned before, this involves keeping the spine straight and sitting still for a long time. Sitting posture can enhance body awareness.

Breathing Technique (Fourth Stage) - Controlling the Body's Energy. Many articles translate this term as breath control, and while breath is related to energy flow, Prana's true meaning is energy, and controlling energy requires breath regulation. The key point at this stage is that one can withdraw energy from "sensory transmission." Only at this stage can one be completely free from external interference.

Sensory Control (Level 5) - Internalization of the Mind. One must reclaim energy, as well as thoughts and attention, freeing oneself from external distractions. Only by achieving this can the ego be fully released, allowing for genuine

meditation.

Focus (Level Six) - Concentrating Attention. If a person's energy and consciousness are no longer focused on the external environment, then they can concentrate on one thing. Concentrating attention is only the beginning; then, one must devote all energy to focusing on the eight fundamental aspects of God: peace, calmness (the positive aspect of peace) , strength, light, sound, love, wisdom, and blessing.

Meditation (Seventh Stage) - One of the eight stages, steadfastly meditating on God.

Samadhi (Eighth Stage) - Oneness, concentrating body and mind into the infinite. Samadhi has two stages: Sabikarpa (Sampragyata) and Nirbikakarpa (Assampragyata) . The first stage is conditional and temporary. The ego still exists in the subconscious , and its effects remain fully realized after meditation.

Therefore, significant temptations still exist in the first stage, and practitioners cannot be satisfied with it. It's not uncommon for those who reach this stage to fall into delusion. Because of the memory of oneness with the universe, a deeper desire for self-affirmation can still lead to a resurgence of egoism, and it's easy to develop the illusion that one no longer needs help or guidance. "I am as great as the guru!" a believer might think. "I am omniscient, always right, and supreme!"

Yes, having these thoughts could certainly lead to further depravity. Focusing on the ego means turning away from God and falling into depravity.

In what ways can these teachings be integrated with Buddhist Nirvana? Nirvana is also a doctrine of Yoga. Parahonsa Yogananda believed that Nirvana is the cessation of all thoughts and feelings—truly a state of emptiness. If that emptiness can truly be attained, then boundless blessings will flow forth.

“One still cannot relax,” my guru told me, “unless you have attained Nirbi Kalpa Samadhi.”

Patanjali's "system" is called Ashtanga in Sanskrit, which literally means "eight limbs" rather than "eight times," with the suffix "anga" meaning "limb." It's easily understood as a progressive series. However, a deeper understanding, referring to these stages as "limbs," better expresses its true meaning. Since we all have four limbs, these eight "limbs," from non-violence to samadhi, are independent. Given that samadhi can only be truly achieved after complete internal and external control, ultimately achieving internal and external control also requires reaching a state of samadhi. For example, one can only truly achieve non-violence when one is truly aware of oneness with all living beings.

Similarly, if a person cannot be in harmony with universal truth, they cannot achieve authenticity.

The ultimate goal of asceticism is to require people to break free from the constraints of the body and self-awareness, a state that can only be achieved in the Nirbi Kalpa Samadhi stage.

Similarly, a person's sense of contentment can only be solidified into a virtue when they truly achieve the highest level of happiness. Otherwise, it can only become a practice, constantly hampered by past karma.

Self-study (introspection) can also create a cloud of illusions, leaving people confused and uncertain, even making the most devout followers doubtful. But sometimes, it is the best course of action.

Similarly, in terms of internal and external control, one must perfect the postures, breathing techniques, and other methods; without mastering the breathing techniques, one cannot master the postures; and without higher-level assistance, the breathing techniques cannot be truly mastered.

If one cannot grasp that nothing can ultimately be "achieved," then the eight "limbs" cannot truly be realized: we are already infinitely close to perfection. We only need to know what we have always possessed, though we have forgotten it: we have forgotten that "Angas" is omnipresent and omniscient, we have forgotten the once supremely perfect and blissful new state: Satdan Anda. Apart from these, no other reality exists!

wind:

The breathing technique here, I know, is better translated as adjusting Prana.

prana— yama

wind:

第一阶，外部控制
第二阶，内部控制
第三阶，坐姿（脊柱从身体压力中解放出来）

第四阶，调整普拉那
第五阶，感官控制
第六阶，专注
第七阶，禅定
第八阶，三摩地（有种子三摩地、「涅比卡帕」三摩地）

On November 26, 2020, I felt that having to take action was a limitation.

Chloë 2020-11-26 07:26:12

The goals section
includes an "Actions " column.
(2020-11-26 07:26:12)

Give me some confidence

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She has to go out and find a job, go to an employment agency; she can't just sit around waiting to die.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!

A: I would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to be. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you activate your infinite power, your true self. Nothing can stop it!

But at the same time you have to struggle to get some action.

Q: But at the same time, you also need to take action.

Lester: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!

A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will. Nothing can stop it, because omnipotence has been activated!

Chloë 2020-11-26 07:32:25
The exercise book has an "Action" section, and I thought actions were one part of it.
wind 2020-11-26 07:33:00
That's the action you think you need to take. For example, if you feel you must exercise to lose weight, you write it on your to-do list and then release it. After the release, you might exercise, or you might not feel the need to exercise because you feel restricted by it. It can also be released

2020-11-26 Wind and Sky - How to break through a stuck program?

Tiancheng 2020-11-26 16:32:29
Wind, how did you break through the program's deadlock? I've found myself stuck for the past few days. I've been staying in the hotel all week. (2020-11-26 16:32:33)
When it gets stuck, it's a sign that you're trying to control
Tiancheng (2020-11-26 16:33:26).
From Monday until now, 2020-11-26 16:33:27
However, one point should be noted (Tiancheng, 2020-11-26 16:33:38)
I used the fifth step of the wind 2020-11-26 16:33:38

Your karma will
drive your actions ,
therefore you will
do other things.
Tiancheng 2020-11-26 16:33:48
right
Wind 2020-11-26 16:33:53
At this point, you'll find that whatever you do, as long as you let go, you'll be more adept and natural. (2020-11-26 16:33:57)
I'll do it for a bit, then check my phone. (2020-11-26 16:34:03)
Paying attention to this will help you unleash your natural talents. (2020-11-26 16:34:08)
Or, go out for a meal . (2020-11-26 16:34:13)
Therefore, Lester did not
advise people to go into
seclusion; he let his students
learn through action.
Tiancheng 2020-11-26 16:34:42
What does it mean to do it in action?

Is it about doing things while simultaneously releasing pent-up emotions?
(Wind, 2020-11-26 16:35:11)

Therefore, there are no obstacles in action itself; the obstacles are identification with the limited body and mind, identification with the ego. If you try not to act, you will not succeed, because your karma is currently driving you to act. So if you try not to act, you will not succeed; whatever your karma is, you will act. Therefore, trying to do nothing is useless; only release is useful. Only release will give you all the paths; the faster you act, the faster it comes. Therefore, action is less of an obstacle and more of a help, because when you act, you are driven by feelings, and those feelings bring even more feelings as you act, allowing you to release all those feelings. Therefore, you must act in this world; you must be in action.

You can't do things in isolation from the world. When you isolate yourself, you're just running away.

This is the way2
If you force yourself into seclusion, your mind will tend towards escapism.
Because it seems like you're saying,
"Get ready, I'm about to release you,"
there's really no need for that.
You can
release it
easily.
Continuous release does not require avoiding action at the operational level . (2020-11-26 16:36:29)
Um
Wind 2020-11-26 16:37:13
As long as you have something you want to achieve, you will find your goal . (2020-11-26 16:37:19)
However, I found that successful releases were rare . (2020-11-26 16:37:23)
You can then maintain
the motivation to

release the blockage,
and you can use step
five.

Tiancheng 2020-11-26 16:37:44

Feeling like
the wind is constantly
stuck. 2020-11-26 16:37:54

That is, when you
continuously try to
control something,
it's actually a good
thing if you often get
stuck, because it
means your control
program is surfacing.

Tiancheng 2020-11-26 16:38:15

How did you break
through this stage? Yes.

Wind 2020-11-26 16:38:25

Each time you release the control you want while stuck, you release some of the tension. (Tiancheng 2020-11-26 16:38:31)

I could clearly feel that I
was trying to control my
emotions, especially my anger.

wind 2020-11-26 16:38:48
This phase will be much better after you completely overcome AGF .
lap will be much smoother.
Anger can also cause you to get stuck, but you have the energy to deal with it.

Tiancheng 2020-11-26 16:39:37
Yes, I remember you shared something in the group in September.
Was there a period during which I
was stuck and couldn't even release
anything?
Wind 2020-11-26 16:40:20
have
Tiancheng 2020-11-26 16:40:38
How did they
achieve that breakthrough?
(2020-11-26 16:40:38)
When you feel frustrated, it's
very difficult . (2020-11-26 16:40:45)
right
Wind 2020-11-26 16:40:45
You must consciously
decide to release.
At the same time,
notice your desire to
control and release
your resistance and
reluctance.
Tiancheng 2020-11-26 16:41:22
Is releasing desire the way to
release resistance and resentment?
(2020-11-26 16:41:26)
Um
This stage is very difficult; I
know that. (Tiancheng, 2020-11-26 16:41:47)
Yes
Wind 2020-11-26 16:41:49
Because it
would conflict with the
release of Tiancheng
2020-11-26 16:41:57
I'm at a higher level

now than before, but I know there's still a lot of pain to come. But I feel stuck and frustrated . (2020-11-26 16:42:52)

Um

Tiancheng 2020-11-26 16:43:08

Did you break through the program's bottleneck during your first seclusion, which was in October? (Wind, 2020-11-26 16:43:10)

First, you need to be clear about what kind of freedom you want . (2020-11-26 16:43:16)

Um

Wind 2020-11-26 16:43:24
Then you need to keep deciding to release.

Only release the outermost layer
After the most superficial release is
achieved, another decision is made to
release the most superficial release,
and this process is continued through a
series of decisions to release the most
superficial release.

Tiancheng 2020-11-26 16:44:32
Could you tell me about
the six steps? (Wind, 2020-11-26
16:44:33)
When you get stuck again and again, you
release what you're trying to control. What
I'm talking about is the six-step process.
Each release should make you
feel more joyful and relaxed;
this is the application of the
six steps.
When you attain "Nabhikpa" Samadhi, the first
step of the six steps will be fully
accomplished.
Completely achieving the first
step will cause you to fall into
the latter five steps
spontaneously.
Therefore, there's no need
to go into detail about this
point. Before that, you need
to continuously verify the
six steps to ensure you're
on your way to the first
step.

Tiancheng 2020-11-26 16:46:43
Before reaching the Samadhi of "Nabhikapa"
We all need to keep working
hard and can't relax, right? (Wind,
2020-11-26 16:47:42)

Yes

relax until one reaches the Samadhi of "Nabikkapa".

(2020-11-26 16:49:04)

So what I need to do now is to continuously release the stuck program wind.

(2020-11-26 16:49:20)

But don't try to release all of Tiancheng's energy at once.

(2020-11-26 16:49:29)

I have this tendency . (2020-11-26 16:49:32)

You need to release the most superficial

The feeling will be even better after one release. If you release again, the feeling will be even better.

Doing this patiently will quickly clear out the program that's causing the problem. (Tiancheng, 2020-11-26 16:50:27)

Um

When we get stuck, I even wonder if I'm going through a phase of releasing my emotions [facepalm]

When we get stuck, I even wonder if I need to go through a phase of releasing my emotions.

[Facepalm]

Wind 2020-11-26 16:51:13

Haha, don't easily regress to your old ways. (Tiancheng, 2020-11-26 16:51:21)

Your mind will say you haven't experienced enough emotional release. (2020-11-26 16:51:35)

The six steps won't take you back; all the answers are in the six steps.

Tiancheng 2020-11-26 16:51:50

I used emotional release to pull myself out of utter despair, and then I didn't want to use emotional release anymore.

I tried to release my desires, but I found myself constantly getting stuck. The answer to everything lies in these six steps.

OK

Then I'm determined to release the stuck program.

Wind 2020-11-26 16:53:03

If you deviate from the six steps, don't trust anyone. Even if Lester appears before you, it might be an imposter. But the six steps are the perfect sequence.

Tiancheng 2020-11-26 16:53:31

Oh, I see.

Wind 2020-11-26 16:53:39

Lester Levenson (The Sedona Method) mentioned Tiancheng on 2020-11-26

16:54:10

What was

mentioned? (Wind,

2020-11-26 16:54:28)

Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled, until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. Truth is the same everywhere. Truth permeates the entire universe.

Wind 2020-11-26 16:54:47

High spirits impersonate God and masters to fool humanity.

So even if a "Leicester" appears in front of you and asks you to tell you about violating the six steps, you shouldn't.

letter

Just keep implementing
the six steps. (Tiancheng,
2020-11-26 16:55:37)
Does "high spirits" refer to beings
in the astral world and the causal world? (Feng,
2020-11-26 16:55:42)
Um
Tiancheng 2020-11-26 16:56:40
Awesome!
Wind 2020-11-26 16:57:43
Therefore, just follow
these six steps. (Tiancheng,
2020-11-26 16:57:51)
good

2020-11-26 Wind and Nature—A Further Discussion of Kriya Yoga

Tiancheng 2020-11-26 17:00:23
Last time you said you knew 112 ways to achieve freedom.
Wind 2020-11-26 17:00:29
Um
Tiancheng 2020-11-26 17:00:46
Before the release method, Kriya
Yoga was the fastest wind. (2020-11-26
17:00:47)
I taught some of my relatives who didn't
accept the release method. (Kriya Yoga, 2020-11-26
17:01:12)
I've always wanted to know what
Kriya Yoga is all about. (2020-11-26 17:01:23)
[Group chat history] Chat history from November 16, 2020 , at the beginning.
【
Wind: I can teach you techniques, but I'm
not qualified to pass on my magic. Wind:
Mouth
Wind: You shouldn't use it. If one day your
family and friends don't accept the release
method, you can teach them...
】
Tiancheng 2020-11-26 17:02:48
Feels very
complicated .

(2020-11-26 17:03:36)
Therefore, the need to transmit the Dharma is just an introduction.
Moreover, the release method is faster .
(2020-11-26 17:03:49)
Moreover, the release method is faster .
(2020-11-26 17:03:53)
How long did it take Yogananda's female disciple to practice this method and integrate it into the infinite? (Wind, 2020-11-26 17:03:53)
Much faster

Wind 2020-11-26 17:04:19
According to Klianandа, she also spent many years ... (2020-11-26 17:04:54)
Today I finally learned about Kriya Yoga . (2020-11-26 17:04:59)
Ha ha
How did you learn about these methods? (Wind, 2020-11-26 17:05:27)
Yogananda also invented an energizing practice in conjunction with Kriya Yoga. (2020-11-26 17:05:36)
Although Kriya Yoga is not publicly taught , its energy-concentration practices are.
I learned these methods from Samadhi.

Tiancheng 2020-11-26 17:06:01
Just know? (Wind, 2020-11-26 17:06:06)
Then, guided by inner principles, find suitable classical language to express it. (2020-11-26 17:06:12)
Yes, the method directly revealed all 112 entries.
Tiancheng 2020-11-26 17:06:26
So, does this mean a master knows all the methods? (Feng, 2020-11-26 17:06:37)
Yes, the master is all-knowing, all-powerful, and all-encompassing.
Tiancheng 2020-11-26 17:07:14
Were the teachings of Buddha and Jesus the fastest methods available at their time? (Tiancheng, 2020-11-26 17:07:21)
Regarding

the prevailing
sentiment at the time
(2020-11-26 17:07:25)
Yes, the method best suited
to the characteristics of humans at that
time . (2020-11-26 17:07:42)
So, are their methods no longer
suitable for the modern era? (Wind, 2020-11-26
17:07:59)
If you use their methods, you cannot
quickly achieve what Bai Youtiancheng did in this
modern era. (2020-11-26 17:08:12)
Um
Wind 2020-11-26 17:08:23
Humans will have
evolved and
better methods
in 70 years.
Because at that time, humans were able
to sense the subtle, innate nature of creation .
(2020-11-26 17:08:45)

you know all 112 methods, including those that will be better 70 years from now?

Wind 2020-11-26 17:08:47

To have direct access to God's thoughts and life particles —well, those 112 are all the possible pathways.

Tiancheng 2020-11-26 17:09:59

Talking with you has helped me feel better. (Tiancheng, 2020-11-26 17:10:15)

I know this is more than just intellectual satisfaction . (2020-11-26 17:10:26)

Release will lead to better and more sustained release

Tiancheng 2020-11-26 17:10:31

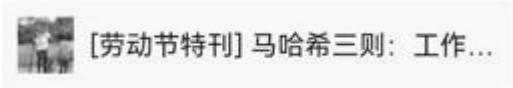
Um

Ramana Mahasthamaprapta said that everything is predetermined? What did he mean by that?

Is it karma pulling us together? (2020-11-26 17:11:49)

In what context did he say this? (Tiancheng, 2020-11-26 17:14:33)

[Labor Day Special Issue] Three Stories by Mahasi: Work and...



Mahash: Don't presume to be the author.

One can cultivate wisdom even while working.

Q: Work takes up my best time and energy, and I often feel too tired to concentrate on praying to God.

Mahish: The feeling of "I'm working" is an obstacle. Ask yourself, "Who is working?" Don't forget, "Who am I?" Work won't bind you. It will happen automatically. Don't make any effort to work or quit. Your effort is the constraint. What's meant to happen will happen. If you're destined not to work, you won't find work no matter how hard you try. If you're destined to work, you can't escape it. So entrust it to a higher power. You can't choose to abandon or retain.

Q: Will work hinder the realization of one's true nature?

Mahasi Sayadaw: No. For an enlightened being, only self-nature is reality; action is merely a phenomenon and does not affect self-nature. Even in motion, an enlightened being has no sense of being a doer. His actions are free from the influence of consciousness. He observes the actions without any attachment.

This action is without any purpose. Those who cultivate the path of wisdom can practice even while working. It may be a little difficult for beginners at the beginning, but it will soon be effective after some practice, and work will no longer be an obstacle to meditation.

Q: What kind of exercise is it?

Mahasi: Continuously search for "I," the source of this self. Find out who I am. The pure "I" is reality, the ultimate existence—awareness—great bliss. Forgetting one's true self, all misfortunes arise; if one abiding stably, then no misfortune can have any effect.

Secondly, focusing on one's true nature includes focusing on work.

Visitor: You said yesterday that when you focus on finding your "inner God," external activities will proceed automatically. The biography of Venerable Shantani recounts how he searched for God while teaching his students; he forgot where his body was but could continue chanting the deity. This makes me wonder, can we confidently let the work proceed automatically? Shouldn't we maintain some focus on the work?

Mahasi Sayadaw: Self is everything. Now I ask: "Are you separate from Self? Can work be done apart from Self? Or is the body separate from Self?" None of these can be separate from Self. Self is omnipresent. So whether you intentionally participate or not, all actions will proceed. Work will also proceed automatically. Focusing on Self includes focusing on work.

其三个人的做者感就如同头顶行李乘火车

访客：我是一家工程公司的合伙人。但我心思并不在此。我尝试把修行的观念带入公司的日常工作中。

马哈希：那很好。如果你向更高力量臣服，则一切无事。那个力量始终照顾着你的工作。唯独当你自认是工作者时，你才不得不去收摘行为之果了。反之，你臣服了，并承认你的个人自我只不过是更高力量的工具，那个力量就会照看你的事务及行为的结果。你不再被这些影响，工作却会不受阻碍地继续进行。无论你是否承认力量存在，事情的格局不会改变。只是见地不同了。

搭乘火车时为什么要把行李顶在头上？把行李放在头上或车厢地板上，火车都载着你和行李。把行李一直顶在头上并不会减轻火车的载重，只是徒然地累垮自己。个人在世间的做者感也是如此。

Wind 2020-11-26 17:15:11
This is actually Lester Levenson (The Sedona Method) in the Coincidentally, as mentioned in Way 2 , Lester Levenson (The Sedona Method) is quoting this very article.

Tiancheng 2020-11-26 17:15:29
I just saw this and I felt the same way. (2020-11-26 17:15:45)
What he meant by destiny was karma . (2020-11-26 17:15:52)
Therefore, it is karma that drives the wind. (2020-11-26 17:15:56)
The karma you created before you came into this world
You cannot change it, because when you try to change it, you create new karma . (2020-11-26 17:16:19)
Was it something I presupposed in my mind? (Feng, 2020-11-26 17:16:27)

You can only surpass it . (2020-11-26 17:16:37)

Isn't it said that karma can be released? Karma is like the feeling of wind. (2020-11-26 17:16:46)

You can release it; releasing it means transcending it.

If you want a job, what motivates you to want it? This is also part of karma.

Wind 2020-11-26 17:24

You can only surpass it . (2020-11-26 17:16:37)

Isn't it said that karma can be released? Karma is like the feeling of wind. (2020-11-26 17:16:46)

You can release it; releasing it means transcending it.

If you want a job, what motivates you to want it? This is also part of karma.

Karma includes cause and effect, action and reaction.

Therefore, when you surpass it, your motivation also changes, which is why there are many presuppositions we don't change.

If you retain the motivation to change it, you lack the ability to change it; you will create new karma. If you release the motivation to change it, you will see it as perfect, not something to be changed, but something that should be changed.

2020-11-26 Wind and Heaven — Fearlessness is 50% selfishness and 50 % selflessness

Tiancheng 2020-11-26 17:42:09

Before deciding to complete the entire journey, let me say a few words about the wind. (2020-11-26 17:42:46)

OK

Tiancheng 2020-11-26 17:44:44

you mean that if you complete the entire process, you will directly enter Samadhi for 25 years , and no one will be able to see your body?

Wind 2020-11-26 17:45:22

No, it means the body might die and look like a dead person.

Tiancheng 2020-11-26 17:45:47

Then he will come back to life after 25 years?

Wind 2020-11-26 17:45:50

Um

Tiancheng 2020-11-26 17:46:04

So how do you plan to tell your family? (Feng, 2020-11-26 17:46:04)

In the highest Samadhi, the heartbeat and breathing stop. If I decide to finish quickly, I won't say much; they have their own karma to carry on.

Tiancheng 2020-11-26 17:47:03

Don't you need to consider their feelings either?

Wind 2020-11-26 17:47:33

It should be said that there is no need to consider their feelings in a worldly way in order to achieve what is most beneficial for their growth.

Tiancheng 2020-11-26 17:48:32

If this body were to disappear within 25 years ...

Is it possible to recreate an identical body after age 25 ?

Wind 2020-11-26 17:48:59

You can try another one. (2020-11-26 17:49:05)

Like the resurrection trend

2020-11-26 17:49:08

You should know that freedom means you can do anything, so there's no need to restrict it.

Tiancheng 2020-11-26 17:49:25

Let's try another one, is it a different form? Any form is fine.

Depends on needs Tiancheng

2020-11-26 17:50:07

In other words, once you are free, your body will die , is that right?

Wind 2020-11-26 17:50:24

Will not die

It just looks dead, but it won't rot; it will stay like this forever.

Unless someone cremates it. (Tiancheng, 2020-11-26 17:51:02)

Do you need to find another place to go into Samadhi? Hahaha

Wind 2020-11-26 17:51:06

Um

They'll find a place that's hard to spot. (Tiancheng, 2020-11-26 17:51:17)

Like the Himalayas

After you're free, can you choose not to undergo 25 years of Samadhi?

Wind 2020-11-26 17:52:17

I have the ability to choose

But I have no motivation to do that because it is the perfect presupposition.

Tiancheng 2020-11-26 17:53:14

Just like after gaining freedom, can't one come back from behind the wall to help others?

Wind 2020-11-26 17:53:24

I will come back in 25 years.

Tiancheng 2020-11-26 17:53:44

But 25 years is a bit long.

Wind 2020-11-26 17:54:38

I will enter Samadhi after
someone has undergone pre-flow;
at that time, he will be the one
who returns after gaining
freedom.
Tiancheng 2020-11-26 17:55:02
Could you guide me to the Samadhi of
"Nabhikpa" before continuing my journey? (2020-11-26
17:55:12)
Can
Tiancheng 2020-11-26 17:55:19
Really?
(Wind , 2020-11-26)
17:55:30
If you reach it first,
that's fine, because the
release method requires
someone to reach it.
Tiancheng 2020-11-26 17:55:52
If someone else arrives
first, you'll let me
know, right?
Wind 2020-11-26 17:56:01
Yes
Tiancheng 2020-11-26 17:56:07
That's
great. (Wind ,
2020-11-26) 17:56:09
When the time comes, if there's
anything you don't understand,
just ask him—a person who has
attained the "Nebikapa" Samadhi.
Wind 2020-11-26 17:56:37
Like Google, a cosmic entity with infinite knowledge.
, a
cosmic-level search engine,
2020-11-26 17:57:09
Has the
Omniscient One Arrived?
(2020-11-26 17:57:09)
So none of these are problems, as
long as one more person can do it.

Of course, you should hope that person is your perfect match. (2020-11-26 17:57:28)

I hope

Wind 2020-11-26 17:57:38

Unlike the masters who are omniscient, they can freely access omniscience and decide at any time to extract knowledge from Samadhi.

Tiancheng 2020-11-26 17:57:42

I don't want to make money using the release method anymore.

Tiancheng 2020-11-26 17:57:51

I will use it to achieve freedom. (Wind, 2020-11-26 17:57:51)

One can decide at any time to seize knowledge from Samadhi.

Tiancheng 2020-11-26 17:58:17
I previously had the idea of making money by teaching the Liberation Method. (2020-11-26 17:58:28)
Using the release method, you can obtain more money, or you can earn something many times better than money. (Tiancheng, 2020-11-26 17:58:37)
Later I thought, Get everything by releasing only
Why bother with all this trouble when I can just get money by releasing [the animals]? Right.
Wind 2020-11-26 17:59:00
Yes, why try to struggle?
Releasing directly is the smart thing to do.
Tiancheng 2020-11-26 17:59:16
So now I'm a little less inclined to share the release method; I just want to release directly and achieve freedom.

Tiancheng 2020-11-26 18:00:05
But if anyone wants to learn, I feel I'll share it to the best of my ability. (2020-11-26 18:00:16)
Well, try to focus on releasing your own emotions as much as possible. (Tiancheng, 2020-11-26 18:00:24)
Yes.
Everyone has their own karma . (2020-11-26 18:00:37)
Before fearlessness, sharing is inherently accompanied by a desire for control and validation. (2020-11-26 18:00:42)
Yes
Wind 2020-11-26 18:00:52
Fearlessness is 50% selfishness and 50% selflessness, an innate quality. (2020-11-26 18:00:53)
I could clearly feel the wind.
(2020-11-26 18:01:00)

After that, you can decide
to help others, which will
promote your own liberation.

Wind 2020-11-26 18:01:24

If you're still focused on your ego at that point,
you'll stop releasing these things, as Lester has
discussed in his videos.

Wind 2020-11-26 18:01:43

But for now, the focus
should be on self-release. (Tiancheng,
2020-11-26 18:01:56)

What does it mean to stare at one's own self-awareness?

Wind 2020-11-26 18:03:05

This is the
translation of the
Bilibili video
"The Tree in My
Dreams".
Tiancheng 2020-11-26 18:05:16
Do you
have a link? (Posted by
Feng, 2020-11-26
18:05:46)
A compilation of videos showing
Mr. Farest being released in St.
Donatello. (Fourth video)
Tiancheng 2020-11-26 18:05:56
Thanks.

2020-11-26 Wind and Nature — Through release, one has the ability to change the body.

Tiancheng 2020-11-26 17:18:54
My neck is crooked
. (2020-11-26 17:19:18)
So first, you need to prove to yourself that
you have the ability to change your body . (2020-11-26
17:19:20)
I always thought I had the
motivation to change. (2020-11-26
17:19:21)
By releasing
Tiancheng 2020-11-26 17:19:41
These past two days,
I've been focusing on
releasing and
controlling my urges
while looking in the
mirror, and these
feelings have become
particularly strong.
Can I correct my neck by
releasing it? (Posted by Feng,
2020-11-26 17:20:22)
certainly
What is Leicester's

favorite teacher ? (2020-11-26
17:20:39)

Get everything by releasing only

Wind 2020-11-26 17:20:39

get everything by releasing only

everything means everything

Tiancheng 2020-11-26 17:21:03

Today, while I was releasing my pent-up emotions, I thought of that phrase again, and it gave me a lot of feelings.

Every impossible, no matter how impossible immediately become a possible when completely released on it

Wind 2020-11-26 17:21:25

Um

Tiancheng 2020-11-26 17:21:28

So, I decided to verify it. (Wind, 2020-11-26
17:21:38)

Therefore, the answer to all these questions is the same . (2020-11-26
17:21:41)

The answer is yes.

Tiancheng 2020-11-26 17:21:46
good.
Wind 2020-11-26 17:21:49
Every impossible, no matter how impossible immediately become a possible when completely released on it
Tiancheng 2020-11-26 17:22:01
Because I'm still in a stage of doubt, I always feel compelled to ask you.

Wind 2020-11-26 17:22:11
It doesn't matter Verification through continuous release
(2020-11-26 17:22:23)
I understand it on a mental level. But because I didn't do it, I didn't really believe that my crooked neck was driven by karma?
Wind 2020-11-26 17:23:17
Yes Everything is a product of karma. (2020-11-26 17:23:35)
Um Because I believe that the body changes because of the mind ; if the mind changes, the body will naturally change as well.
Wind 2020-11-26 17:24:31
That's right.
Tiancheng 2020-11-26 17:24:35
After gaining freedom, even the body can be kept immortal.

Wind 2020-11-26 17:24:45
You cannot get sick if you don't have images of illness in your mind. (2020-11-26 17:24:49)
Then my neck should also be able to be corrected . (2020-11-26

17:24:59)

These are currently theoretical concepts that seem natural to you. (2020-11-26 17:25:04)

Yes

Wind 2020-11-26 17:25:05

You need to turn it into natural experience. (2020-11-26 17:25:10)

I need to verify

If the master voluntarily leaves the material world, does that mean he intentionally implanted the image of illness into his mind? (Feng, 2020-11-26 17:26:05)

no

Tiancheng 2020-11-26 17:26:21
What is
that? (2020-11-26
17:26:21)
Leaving the material
world is a decision made by nature.
(2020-11-26 17:26:44)
Will my body naturally become
ill if I decide to leave? (Wind, 2020-11-26
17:26:49)
Then undo the
whole world if you
mean being sick.
That was a deliberate
choice by the master to
include an image, such as
Lester's choice to include
cancer.
Yugananda chose to
have his heart treated .
(2020-11-26 17:27:39)
Were all choices
made by the masters themselves?
(Feng, 2020-11-26 17:27:39)
Buddha, on the other
hand, suffered from
back pain and
poisonous mushrooms
.
Tiancheng 2020-11-26 17:27:50
Unbelieva
ble Wind 2020-11-26
17:28:01
They chose to let their bodies
experience what they had preordained naturally.
(2020-11-26 17:28:11)
I used to think that even
masters couldn't maintain their physical
condition. (2020-11-26 17:28:16)
This is mentioned in the chapter on
the perfect body on the path to ultimate freedom.
(2020-11-26 17:28:41)

Is the principle behind the path to ultimate freedom entirely correct? (Feng, 2020-11-26 17:28:45)

certainly

Tiancheng 2020-11-26 17:28:51

Um

Wind 2020-11-26 17:28:54

A master is 100 % correct.

If he has even 0.000001% of errors, he is not a master . (2020-11-26 17:29:25)

Did Jesus choose the cross to demonstrate eternal life? (Feng, 2020-11-26 17:29:34)

In order to

show

resurrection

and reveal our

true nature

Tiancheng 2020-11-26 17:30:34

OK

I practiced it using my neck.

Haha, I've always thought it was so ugly.

Go and fix it

2020-11-26 Wind and Nature — The more people learn from him, the more it proves he's not a master.

Tiancheng 2020-11-26 18:21:08

After looking at these pictures

So your only purpose in staying here now is to help others. (2020-11-26 18:21:50)

Okay, then I went to FreedomBorn 2020-11-26 18:21:27

Have you reached the point where you can manifest instantly with a single thought? (Wind, 2020-11-26 18:22:40)

Yogananda said that one must liberate six others before one can be completely liberated.

When I first entered the "Nabhikpa" samadhi, I often unconsciously perceived that things happening around me were also happening very quickly.

Tiancheng 2020-11-26 18:23:00

Unconsciously reading the karma of others? (Wind, 2020-11-26 18:23:20)

I'm with my mother now, and I'm consciously trying to slow down my thoughts .

Tiancheng 2020-11-26 18:24:18

Does the "Nebokappa" Samadhi allow for instantaneous teleportation? (2020-11-26 18:24:33)

"Nebikapa" Samadhi is just a state.

In this state, you are fully connected to infinite consciousness.

I haven't consciously experimented with teleportation, but I've unconsciously experienced it twice. (2020-11-26 18:25:22)

In other words, helping six people achieve liberation—does this liberation refer to complete liberation or stream-entry? (Feng, 2020-11-26 18:25:23)

It occurred so naturally that it achieved complete liberation.

However, this refers to a "Jivanmukhta".

Tiancheng 2020-11-26 18:26:06

Lester, on the Road to Ultimate Freedom, said he went hiking with his friends, and on their way back, a teleportation occurred. (2020-11-26 18:26:06)

A "Jivan Mukhtar" must help at least six people attain liberation before he can become Siddhartha. (2020-11-26 18:26:58)

So, Lester Levenson (The Sedona Method) has already helped six people reach Givaudan? (Wind 2020-11-26 18:27:33)

Well, at leas t

Tiancheng 2020-11-26 18:27:51

Do you know who it is?

Wind 2020-11-26 18:27:57

I know a kam

Pamela and Nimala do not have freedom; they merely mistake the experience of oneness for freedom.

Tiancheng 2020-11-26 18:28:45

I seem to have heard of one of the Nimalas.

Is it also using the release method? (Wind, 2020-11-26 18:29:25)

"Nyima La" misunderstood the six-step release method he used.

Tiancheng attended Haier's advanced training course on November 26, 2020 at 18:29:48.

The one he went to India with later? (Feng, 2020-11-26 18:29:48)

However, Haier hired an Indian teacher to give a lesson, and he left with the Indian teacher.

Abandoned the release method

He mistook the experience of oneness for awakening, just like Sadhguru.

Tiancheng 2020-11-26 18:30:25

Sadhguru, are you free? (Posted by Wind, 2020-11-26 18:30:30)

No

He took a single experience of oneness as a natural enlightenment. (2020-11-26 18:28:45)

Which state of oneness experience does it belong to? Adityashanti,

do you know?

Wind 2020-11-26 18:31:44

I've heard a bit about the Civic.
I don't pay much
attention to the
so-called masters in the
market because Yogananda
said...
He was the last guru
Therefore, it's impossible
for a general-type mentor to emerge.

(Tiancheng, 2020-11-26 18:32:29)

He was the last guru, what
does that mean? (Feng, 2020-11-26
18:32:30)

All teachers who are popular
but lack substance are fake
masters. The more people learn
from them, the more it proves
they are not masters. The era
of gurus is over.
Yogananda is the
last one . (2020-11-26
18:33:11)

Yogananda was the last one.

Then what?
What era will
it usher in? (Feng,
2020-11-26 18:33:49)
There will be awakened
people, but they will be a
very small minority.

Tiancheng 2020-11-26 18:34:16
Will Yugananda, until Lester and the
release spell appear, ever know?
Wind 2020-11-26 18:34:27
Yogananda
certainly knew
that the master
knew everything.
Yogananda died a few days before
Leicester's awakening, therefore
his students could not understand
him.
Tiancheng 2020-11-26 18:38:32
Aren't you annoyed by me
asking so many questions ?
(2020-11-26 18:38:37)
It's not annoying. I myself ask myself
these questions before reaching Samadhi. (Tiancheng,
2020-11-26 18:39:30)
Then I'll ask
you if I have any questions.
(Feng, 2020-11-26 18:39:43)
It doesn't matter
Tiancheng 2020-11-26 18:40:23
Did Yogananda know a master would
appear before he left? (Wind, 2020-11-26 18:40:42)
His mission was complete, and he chose to leave.
March 7 , 1952
Tiancheng 2020-11-26 18:40:59
Just like you need to wait for
someone to arrive before the wind blows.
(2020-11-26 18:41:11)
Lester Levenson (The Sedona Method) began exploring in January 1952
and was fully awakened in April.

Tiancheng 2020-11-26 18:41:43

Was Lester Levenson (The Sedona Method) the fastest to awaken? (Posted by Feng, 2020-11-26 18:41:49)

no

Tiancheng 2020-11-26 18:41:50

was completed in three months . (2020-11-26 18:41:57)

There have been even faster ones in history.

on November 26, 2020 , is the ″Nebikapa″ Samadhi.

Zhang Fei 2020-11-26 22:25:28

What is the
status of the pre-flow?
(Posted by Ruyi Tianzhen,
2020-11-26 22:38:07)
Is pre-flow
the first fruit?
(Tiancheng, 2020-11-26
22:40:35)
Pre-flow, also known as the
"Nepikapa" Samadhi wind. (2020-11-26
22:41:00)
It is indeed the first stage of
enlightenment (Sotapanna). I used a term from
the Agamas . (2020-11-26 22:41:08)
The release of the law represents the first step
towards safety. You desire freedom more than the world. (Wind,
2020-11-26 22:41:12)
Stream-enterer (Sotapanna), ...)
From this point onward, every choice you make
moves toward freedom; this is a shift
in direction, from the flow of the
ordinary to the flow of the saint.
Tiancheng 2020-11-26 22:42:07
It is fully achieved

2020-11-26 What is night for humanity is daytime for the enlightened.

Tiancheng 2020-11-26 23:13:03
What does it mean that
night is day for the
enlightened?
Wind 2020-11-26 23:13:15
I don't sleep
The enlightened one is always awake, therefore it is daytime.
Those who are not awakened are in a
state of deep slumber, whether they sleep or not.
(2020-11-26 23:14:05)
What about the saying,
"To the enlightened one,
daytime is nighttime" ?
Wind 2020-11-26 23:14:29
What you call daytime is actually a dream.

The world you see when you open
your eyes is just a dream;
dreams are night.
Waking up to daylight
The daylight you see is
actually formed naturally during the long
night. (2020-11-26 23:17:54)
Um

2020-11-27 When you remain in "awareness" and accept everything, you have actually stopped releasing. Two interpretations of Samadhi

On November 27, 2020 08:27:44
Hello
Teacher
Feng, I
would like
to ask you
for
advice.

My current feeling is

Whether it's emotions or desires, all feelings can be automatically released through "allowing and accepting."

They released them.

Whatever the feeling, with permission and acceptance, it quickly transforms into a feeling of love, love for oneself.

As I allowed myself to be allowed to, more of my negative emotions that I had previously dared not admit surfaced. I simply accepted them without fighting them.

You will quickly feel relaxed and happy, and experience the love that comes from accepting yourself.

In the process of acceptance and permission, the desire is dissolved, because wanting is itself a form of non-acceptance and disallowance. At the level of awareness, desire is a controlling force, while acceptance and permission are a complete letting go.

Teacher, it seems that I'm just being aware of things and letting them go on their own, without distinguishing between emotions and desires, and simply releasing them. Is that right, teacher?

Thanks

Wind 2020-11-27 08:32:49

Allowing feelings to arise and depart is indeed a simple description of the release process.

Therefore, in terms of methodology, many practitioners of the release method easily fall into the trap of believing that by allowing acceptance without entering the six steps, they cannot achieve freedom.

There is something we call "pure awareness" present. (2020-11-27 08:35:43)

Is there an undetected control mechanism at play? (2020-11-27 08:35:56)

Or, as Lester described in his earlier works , the flow of awareness —a state of ultimate existence.

On November 27, 2020 08:36:38

The main body,

some call it wind.
2020-11-27 08:37:00
Many descriptions
However, the process of reaching it is meticulous.
When a person attempts introspection, or simply sits quietly, it is tantamount to trying to forcibly separate the senses from the life force. Before reaching the pranayama stage, the life force flows outward, towards the senses.
Therefore, it is ineffective to try to control pure awareness with the mind before you have complete control over your life force (prana) at the physical and psychological levels.

On November 27, 2020 08:40:32
Yes, it might still be a
matter of the mind. (2020-11-27 08:40:53)
When life force flows
inward, the senses
naturally shut down; only
then can awareness become
pure.
So that one can
reach the two
stages of
Samadhi.
The six steps form a complete map, and failing to complete any one of them will leave you stuck.
When people mentally believe they are remaining in a state of "awareness" and accepting everything, they have actually stopped releasing.
put
The fourth step of continuous release was lost.

On November 27, 2020 08:44:22

How is the inward flow of life force interrupted in the release technique? (Wind, 2020-11-27 08:44:56)

Continuously releasing the desire for control and identification at the causal level because your flow towards the senses equals your flow towards the world.

The world = the desire to control and the desire to be recognized

If you keep releasing it, the life force will be completely controlled and will no longer flow outwards.

On November 27, 2020 08:46:36

How can this situation be avoided? (Wind, 2020-11-27) 08:46:52

No changes to the process

It's just a constant release of the desire for control and validation, and a yearning for security. (2020-11-27 08:51:30)

If you want to control and identify with something, can you release it without recognizing it, simply by knowing that it is a fluctuation, or is it necessary to clearly understand what it is at a mental level?

For example, simply knowing that all feelings are actually about wanting to survive, or the fear of survival. (Wind, 2020-11-27 08:51:59)

If you truly release at the level you desire, you'll recognize that initially, some mental effort will be helpful.

Later, they recognized it directly.

On November 27, 2020 08:53:33

However, at the mental or emotional level, it can actually be traced back directly to survival fear, at which point the concept of separate control is still relevant.

Do they conform to the system and their identity?

Wind 2020-11-27 08:54:07

If you feel the urge to survive, then release that urge, making each release feel like the first time.

Release only what
you are currently aware of .
(2020-11-27 09:01:19)
For example, fear can be released directly.
But you can also try to think about survival. If you don't think about survival, and just release your fear, then it's best to think about survival, right?
Wind 2020-11-27 09:02:15
Yes, once you trace your thoughts back upwards, you
can access that desire to survive, and the release will be more
profound . (2020-11-27 09:02:25)
Yes
I would also like to ask you some more questions
Why am I not experiencing significant changes in energy? Also, I feel that focusing my attention on my abdomen...
(Internal, not physical) I feel more stable. Is this feeling correct? In other words, can I focus my attention on my abdomen to make my energy as stable and complete as possible?
Focusing my attention on my abdomen felt like
straightening my spine, allowing for smoother airflow.
(2020-11-27 09:07:09)

Releasing doesn't actually
require a fixed posture;
focusing your attention on
the center of sensation is
correct.

On November 27, 2020 09:08:48

Is there a difference in the center of sensation between individuals? For example, some people feel it in their chest, while others feel it more in their abdomen. (2020-11-27 09:10:41)

That won't happen.
The design of the body is consistent.
The chest and abdomen area
refers to the large area of
the chest and abdomen, which
is the heart chakra in yoga.

On November 27, 2020 09:11:34

I thought it was the heart chakra, solar plexus chakra, and navel chakra.
However, the solar plexus chakra and navel chakra are also affected by emotions, desires, and the associated feelings. (2020-11-27 09:13:50)

Q: I used to focus on the area between my eyes, but now I've shifted my focus to the heart chakra.

Lester: The heart is a good place because it is the center of feeling and feeling is closer to the Self than thought. It depends on your background. If you're a vichara jnani, it'll be the heart, but not on the left side, on the right side. If you're a raja yogi it'll be between the eyes. When I did my concentrating it wasn't on any location; it was on wanting to have the answer.

Concentrate on seeking the answer.

The chakra is a good location because it's the center of sensation, and sensation is closer to the true self than thoughts. It depends on which one you're practicing. If you're practicing vichara jnani, it's in the heart chakra, but on the right, not the left. If you're practicing raja... Yogi, that was between my eyes. I wasn't focused on anything in particular at the time; I was just trying to find the answer. I was focused on searching for the answer.

This is Lester's explanation of the sensory
center in "The Ultimate Freedom," which
clearly states that it is the heart chakra.

On November 27, 2020 09:16:43

Yes, I forgot. I just thought it was a response to meditation.

When you enter Samadhi, it should be a very deep state of tranquility, which can be achieved simply by releasing it anytime and anywhere in daily life.

Has it been achieved?

It is still necessary to have a certain period of quiet and concentrated release before it is possible to enter.

Wind 2020-11-27 09:19:32

There are two kinds of Samadhi.

There are two types of samadhi: one with seeds and the other without.

When you reach the seedless samadhi, you can enter it at any time, because as a prerequisite, the life force of body and mind has been completely controlled.

On November 27, 2020 09:20:27

Could you elaborate? (Wind, 2020-11-27 09:20:28)

One decision is all it takes to enter

I attained the Samadhi of
the seed very early on; it
suppressed my afflictions
when I practiced Pa Auk
meditation in high school.
The "Nyabhikāpā" samadhi described in yoga science is
a stage of transformation similar to the stream-entry
stage described by the Buddha.
The shift in the flow of life
In Leicester's case, it was the first step that was completely achieved.
From this point on, every choice you
make will naturally lead you toward
freedom. Only then will you move from
the stream of ordinary people to the
stream of saints, and never regress
again.
Only freedom is the
direction one can go . (2020-11-27
09:26:04)
How can we achieve
the first step?
It's a matter of
will.
The result of
the release (2020-11-27
09:26:20)
It is the result of continuously implementing the six steps.
This can be achieved through the
A guide within the "way" section is present.
(2020-11-27 09:26:42)
Which one?
Wind 2020-11-27 09:26:57
For example, obtaining everything you want through release.
When you do this, you will gradually discover that
what you are looking for in everything is happiness,
and the only source of happiness is a quiet mind,
allowing the infinite to reveal more. Therefore, you
will become more and more free.
Until you fully experience the sole source of happiness
At this point, you will naturally
abandon attempts in other
directions and concentrate all

your energy on one direction.
Only one goal
remains:
freedom.
This completely
achieves the goal of
naturally falling
into the next five
steps after the
first step.
At this point, you will naturally
abandon attempts in other
directions and concentrate all
your energy on one direction.
Only one goal
remains:
freedom.
This completely
achieves the goal of
naturally falling
into the next five
steps after the
first step.

On November 27, 2020 09:28:56

I tasted a little bit
Every successful release brings a sense of uplifting joy.
Isn't the Samadhi with seeds the goal
of the release practice? (Wind, 2020-11-27
09:32:33)

You may also
naturally experience
the need to keep
releasing.

On November 27, 2020 09:44:31

Thank you, teacher. I am
grateful.

November 27, 2020: Advice regarding the body and the difference between the experience of oneness and freedom.

What?

On November 27, 2020 09:36:54

I would also
like to ask
teacher
Yugananda for
advice.
He places great emphasis on energy cultivation.
How does our release method achieve a rapid change in energy at the physical level?
For example, I am in very poor health. Besides releasing
the fear and other emotions caused by this, are there
any other good suggestions regarding my health?

Wind 2020-11-27 09:37:37

The body is merely a
result of the mind's
imagery; therefore,
releasing basic desires
is the fastest way.
Lester spoke of three
levels of healing.
The fastest way is on a spiritual level, which
means knowing that your body is perfect; this
is achieved most quickly through release.
If one wants to adjust energy at the "Prana" level, it requires a long period of arduous practice.

On November 27, 2020 09:53:22

Another question for the teacher
What is the difference between the experience of oneness and freedom?

You said Haier and others
mistook the "unified operation" experience
for a free- spirited approach. (2020-11-27
09:55:04)

The experience of oneness was very common among fellow practitioners during my previous meditation retreats.

That's a normal experience that occurs when your life force separates from your senses and flows inward; it's a precursor to entering meditation.

On November 27, 2020 09:56:18

So, at this point, there might still be
unresolved desires, right? (Wind, 2020-11-27 09:56:48)

Not only that

This has not yet reached the "Nabhikpa" samadhi; it is merely the growth of boundless consciousness.

The editor of Yugananda, "Lauri," is in there,
thinking he has achieved infinite wind. (2020-11-27
09:57:30)

of
self-importance has
flourished. (2020-11-27
09:57:38)

Thus sinking

Where 2020-11-27 10:01:30

you ,
teacher .

2020-11-27 If you feel good, then continue to release that good feeling.

The feeling below then emerged.

Yellow 2020-11-27 18:38:15

Teacher, I thought I had achieved peace, but later I found myself falling back down, and I didn't achieve my goal. I think I released things in the wrong way. Was I deceived by my mind? How can I make sure my sense of ease is real? How can I make sure it's not being suppressed?

Wind 2020-11-27 18:38:39

Just keep releasing.
If you feel good, then continue to release
that good feeling; the underlying emotions
will come out.

Yellow 2020-11-27 18:38:44

Am I just pretending to be okay?
I'm afraid of this little bit of wind.

(2020-11-27 18:38:49)

Release your
fear when you
feel scared.

- ●

2020-11-28 Wind and Heaven - The Release Ceremony directly reached "Nebikapa" level 3.

Moody

Tiancheng 2020-11-28 08:47:25

The wind, those who reach the Samadhi of "Nebikapa"
On the emotion chart, have we reached a
state of acceptance and peace? Or, in
other words, have we reached a state of
being?

Wind 2020-11-28 08:47:29

Those who reach the Samadhi of "Danebhakapa" will enter a
place like Hiranyalokha after death, where their karma in
the material world will be cleansed.
The karmic forces

remaining in the Astral Realm and the Realm of Cause and Effect (2020-11-28 08:47:35)

Is it impossible to enter the world of cause and effect? (Wind, 2020-11-28 08:48:05)

Can

However, since his karma in the astral realm has not been cleared, he will not return to the material realm.

Therefore, the heavy agflap has been removed, leaving only the cap.

Tiancheng 2020-11-28 08:48:19

the heavy agflap the karma of the material world? (Wind, 2020-11-28 08:48:33)

Even in the lower realms of Starlight, wars can occur.

But that was brought about by people whose karma from the remaining material world was gone.

They will also undergo a dual cycle of reincarnation in the material world and the astral world. (2020-11-28 08:48:38)

Can someone who hasn't completely cleared their material karma ascend to the astral realm? (Wind, 2020-11-28 08:48:44)

Yes

However, it is a low-level astral body.

Just as a prophet was sent to Earth to help humanity eliminate the karmic burdens of the physical body, I was appointed by God to serve as the leader of a spiritual planet. Saint Yudiswar explained. It is called "Hiranyaloka " or "the luminous spiritual planet." There, I help evolving souls eliminate their own spiritual karma, achieving liberation from the cycle of spiritual rebirth. The inhabitants of Hiranyaloka are spiritually highly evolved; all inhabitants, at the time of their final death on Earth, have reached a state of conscious separation from the body through the power of meditation. One cannot enter Hiranyaloka on Earth unless one has progressed from "Sabikkapa" Samadhi to the higher state of "Nebikapa" Samadhi (Note 1) . (Translator's note: There are different levels of the spirit world . In this chapter, we mention the first level, the ordinary spirit world; the second level, the Hiranyalok; and the third level, the world of cause and effect. All three levels are still within the cosmic world of reincarnation and relative duality (Maya), that is, in the great dream of the universe. Only when the soul completely clears away all karma in the spirit world, transcends the world of cause and effect, and unites with heaven, can it completely escape the circle of relative duality of cause and effect and reincarnation, that is, return to reality.)

The so-called karma generally includes karma from the material world (material desires) and karma from the spiritual world. Most souls on Earth reincarnate between the material world and the ordinary spiritual world; while those who have completely eliminated material karma and only retain spiritual karma will reincarnate between the spiritual world and the world of cause and effect .

The ordinary spirit world—not the more refined Hiranyalokha spirit heaven—is inhabited by millions of souls, more or less recently from Earth , including countless fairies, mermaids, fish, animals, goblins, local deities, demigods, and spirits, all residing on different spirit planets according to their karmic affiliations. Various celestial abodes or vibrational zones are provided for both benevolent and malevolent spirits. Benevolent spirits can travel freely, but malevolent spirits are confined to limited areas. Just as humans inhabit the land, insects the soil, fish the water, and birds the air, different levels of souls are assigned to zones suited to their vibrations.

Conflicts and wars occur among the angels who have been banished from other worlds to evil and fallen, as they attack each other with bombs of life particles or rays of mental incantations (Note 3). These souls reside in the darker, lower parts of the spiritual universe, striving to cleanse themselves of their evil karma.

Tiancheng 2020-11-28 08:50:10

Does "Sabikkapa" Samadhi include seed Samadhi? That is, does it still contain residual agflap ?

Wind 2020-11-28 08:50:15

Um

"Sabi Kappa" Samadhi is your continuous focus and meditation.
In the context of the eight limbs of yoga,
meditation here specifically refers to the continuous
contemplation of God. (2020-11-28 08:50:21)
How long did it take you to reach
this stage? (Posted by: Release the Wind,
2020-11-28 08:50:22)
Generally speaking, the release method
directly leads to "Nybhāvakapa" samadhi
because it is not a method for training
concentration.
Therefore, the Sabicappa stage is
generally not experienced, but there
are exceptions.
Tiancheng 2020-11-28 08:50:41
Tell me
Wind 2020-11-28 08:50:44
When you're feeling really high , it's easy for you to focus.
At that time, you only need one goal, and you may be
able to enter the "Sabi Kappa" Samadhi by simply
keeping your mind there for a period of time.
You will
experience boundless, innate
consciousness . (2020-11-28
08:51:10)
Is it the one with the
Yogananda editorial experience? (Wind,
2020-11-28 08:50:14)
At this point, one might
mistakenly believe oneself to be omniscient
and innately gifted. (2020-11-28 08:50:20)
Boundless
Consciousness Wind
2020-11-28 08:50:39
Um
Tiancheng 2020-11-28 08:50:40
What is boundless
consciousness? (Posted by
Feng, 2020-11-28 08:50:41)
You may experience the Buddhist stages of first, second,
third, and fourth dhyanas, and even the highest formless
concentration, the state of neither perception nor

non-perception.

Tiancheng 2020-11-28 08:50:49

What stage is the highest state of being, neither perception nor non-perception? (2020-11-28 08:51:18)

Still in the "Sabi Kappa" Samadhi stage . (2020-11-28 08:51:40)

Um

Wind 2020-11-28 08:51:41

Samadhi with seeds

Therefore, Buddhism teaches that meditation and insight meditation are not liberation.

Tiancheng 2020-11-28 08:52:00

Has boundless consciousness reached the stage of "Sabi Kappa" Samadhi? (2020-11-28 08:52:14)

This is certainly not liberation.

It's just a temporary departure.
For example, the
experience of Nimala and Sadhguru on
2020-11-28 08:52:24
Um
Is boundless consciousness
also a form of oneness experience?
(Wind, 2020-11-28 08:52:30)
One concept of boundless
consciousness is called the
state of nothingness where one
experiences unity, but
sometimes this is not even
achieved. The unity
experiences people talk about
are sometimes very
superficial.
Tiancheng 2020-11-28 08:52:45
Um
I understand. Thank you.

on November 28, 2020, is to continuously identify the sources of happiness.

Yellow 2020-11-28 11:16:12
I don't think I've reached the first step yet
[facepalm]. Can I do the later steps? [facepalm] Wind 2020-11-28
11:16:20
It doesn't matter
The first step is not
achieved by shouting
slogans, but by constantly
confirming the source of
happiness.
Therefore, you can absolutely
achieve your goal using the
release method, just don't stop.

2020-11-28 Wind and Nature — the source of intelligence

Wind 2020-11-28 11:43:15

Three months later, I attended a metaphysical group, just two blocks away from Dr.

Sheffer's group. He would call students to the front and have them speak. The first time he called on me, I told him I didn't want to go up, so he walked past me. Then, after he stopped asking me, I realized how foolish I had been. The only reason I hadn't spoken was that the old tendencies still lingered, but their effectiveness had completely vanished. The compulsion was gone, though the tendency remained; it was like a charred rope. If you try to pick up a charred rope, it breaks. It looks like a rope, seems like a rope, but it has no strength. Seeing all this, I volunteered to go up and speak. For the first time in my life! I was there , in front of a group of about 60 people. When I got there, I was surprised I wasn't nervous. I looked at them, and they looked at me. Just as I was speaking, something else was happening behind me, "Wow!" I kept thinking. "It's so easy..."

It's easy. I never knew it was so simple!

> This is the first time in my life I've
> ever spoken in front of a group of
> people. So, after his awakening,
> Lester conducted some experiments.
> He knew he was omniscient and omnipotent, and that he had
> released all karma, but the ashes of the rope were still
> there—residual traces.

Tiancheng 2020-11-28 11:50:33
Where is this content located? (Wind, 2020-11-28 11:50:45)
"The Freedom to Decide"
This book was translated by the group leader using a translation tool.
Tiancheng 2020-11-28 11:51:16
Is the decision to choose freedom what Lester Levenson (The Sedona Method) recounted? (Wind, 2020-11-28 11:51:19)
However, this is an audio recording of Lester Levenson (The Sedona Method) that was turned into a book.
Tiancheng 2020-11-28 11:51:31
When was the audio uploaded? (Posted by Feng on 2020-11-28 11:51:31)
The timing of the text polishing is uncertain.
I've listened to this audio. (Tiancheng, 2020-11-28 11:51:54)
Do you have this audio content? (Posted by Feng on 2020-11-28 11:51:57)
On the pipeline
Tiancheng 2020-11-28 11:52:11
Is the title really "Deciding Freedom"? (Posted by Feng, 2020-11-28 11:52:15)
no
It should be the source of intelligence
Tiancheng 2020-11-28 11:57:47

How can I find content on YouTube? (Posted by Feng on 2020-11-28 11:58:15)

release

Besides the initial

After that, I didn't actively seek out content; content came to me.

Tiancheng 2020-11-28 11:59:47

Um

2020-11-28 The Samadhi of "Nabhikpa" will not regress.

Zhang Fei, 2020-11-28 11:58:15

By continuously releasing ourselves, we achieve the "Nabhikāva" Samadhi. Can we then continue the last five steps of the six steps in a continuous manner until we achieve freedom? Is the "Nabhikāva" Samadhi a state that we can enter once and then frequently enter until we can continuously abide in, or is it a state that we enter once for an experience and then regress to?

Wind 2020-11-28 12:01:24

The Samadhi of "Nebikapa" will not regress.

"Sabi Kappa" Samadhi will only lead to regression. (Zhang Fei, 2020-11-28 12:10:23)

Is it easier to enter the "Sabi Kappa" Samadhi? Even if you regress once you enter, you'll also experience greater clarity and understanding , which might accelerate the release of negative energy.

Wind 2020-11-28 12:10:57

It's possible that exposure to boundless consciousness could foster a stronger sense of self, like Laurie Pratt.

Possibly sinking into depravity.

Zhang Fei, 2020-11-28 12:11:18

To be condemned to ruin from this point on?

Aww!

Zhang Fei , 2020-11-28 12:11:50

No wonder Lester Levenson (The Sedona Method) emphasized, get high to Release, don't stop once you've tasted the sweetness.

2020-11-28 Continuous release and blockage

Wind 2020-11-28 14:36:58

The so-called continuous release means that you release it once, then release it again, and then release it again.

Getting stuck is the same; every time you get stuck, you want to control it.

You release what you want to control

Treat each time you get stuck as if it were the first time and try to release it.

If you consistently release in this way, and reach a stage where you spend more than 50% of your time releasing, you'll find it surpasses the habit of repression.

When it becomes your new habit, you'll find that releasing is as natural as breathing—this "as natural as breathing" is merely a metaphor.

It doesn't mean you release it with your

breath, as Lester
described.

Even when you're with others, you can continuously release these feelings all day long. You've probably all experienced this constant ebb and flow of emotions. probably experienced the state where it Come up and floats out, come up and floats Out . It has to be done. Really, there's too much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of release, continuous release, look at the six steps. You have to keep the release going. Keep letting it rise and go all day long. You become aware of a feeling and release it. It's a bit like you sit and watch it, watching it unfold.

come up and floats up
Float out,
float out,
float out, it
won't stop.

2020-11-28 Wind and Nature—Practical Experience of the "Nebikapa" Samadhi

Tiancheng 2020-11-28 22:02:16

Is the wind there?

I'd like to hear your practical experience with the "Nybikapa" Samadhi.

Wind 2020-11-28 22:03:47

I only learned about this word later.

I studied Theravada and Mahayana Buddhism for many years, and specifically studied the Pali Canon in order to read the Pali Canon.

Therefore, the "Agama Sutras" were reset immediately at that time.

I have come to a deeper understanding of the meaning of "stream-enterer" in the Agamas.

When you have fully accomplished the first step of the six steps, every inclination and choice leads to the wisdom of seeing suffering freely.

This is the precursor to achieving the first step. You will see the direction of the world

= pain

And the direction of freedom—infinite existence—is the only source of happiness.

You will spontaneously stop all attempts to find happiness by crashing your head against the wall in the world.

2020-11-28 Wind and Heaven - How can one quickly and empirically achieve the first step?

Tiancheng 2020-11-28 22:08:50

How can we quickly and empirically achieve the first step, that is, reach the pre-flow stage?

Wind 2020-11-28 22:09:14

Implement the six steps

The sixth step is the easiest to overlook in the six steps, but it is the key to achieving the first step.

Because you are actually seeking happiness in the world on an experiential level, you should practice the teaching that Lester

liked best.
get everything by releasing Only when
you desire something and achieve that
desire through release will you want
to release it even more.
Continuously confirming your gain will allow you to continuously release [the energy/rewards].
You're still unhappy even when you see your goals being achieved one by one.
You will then "discover" on an experiential level
that nothing can bring you immediate happiness,
and you will become aware of the only source of
happiness.
At this moment, a change in
the flow, a complete change in
the flow of life, will
immediately occur.
You've completely
reversed your
direction, and that's
the first step you've
fully
achieved—wanting
freedom more than
wanting the world.
Then, just as Lester said, they will keep falling into the last five steps.

November 28, 2020: The eight limbs of yoga go through stages of external and internal control.

Tiancheng 2020-11-28 22:35:13

What exactly does
"controlling life force" mean? (Feng,
2020-11-28 22:37:17)
[Group chat history]
【
Wind 2020-11-28 : The eight limbs of yoga go through stages of external control and internal control.
Wind 2020-11-28 : Actually, you can use these eight limbs to judge the level of progress in all spiritual practices.
Wind 2020-11-28 : The ancient sage Patanjali defined the journey to God in his Yoga Sutras or Proverbs, and scholars usually refer to his book as Patanjali.
】
Wind 2020-11-28 22:37:31
These are the eight branches I described in detail before.
Many yoga teachers are explaining it incorrectly now.
I don't actually recommend learning so much
theory, so I haven't specifically talked about
these practical experiences. You'll understand
them immediately when the time comes.
And you can understand any classic.
Therefore, implementing the six steps is the only key.

Edited by Omi on June 22, 2022

Wind's (Feng) talk on Lester Levenson (The Sedona Method)

Chat Log 4

December 2020

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Become a master, it's much more interesting than becoming famous. (December 1, 2020)

Wind 2020-12-01 11:22:46

I've heard of this Taiwanese friend before, as I've practiced Pa Auk Sayadaw before.

He's the best senior disciple I've ever heard of.

He went to a Buddhist monastery in Myanmar for intensive practice for a period of time and attained the fourth jhana.

Even modifying it towards the colorless realm

Later, realizing this was of no use to liberation, he delved into dependent origination on his own, thus uncovering the Buddha's path of enlightenment, and thereby attained freedom.

But like Zen Master Sun Lun, he still had some tattered ropes, so the master loosened his grip with just a few words.

system

In mainland China, including Hong Kong, Macau, and Taiwan, only these two have achieved this in recent years. Both are now free.

Tiancheng 2020-12-01 11:27:10

Did the masters in Taiwan achieve enlightenment using the Buddha's methods? (Feng, 2020-12-01 11:27:28)

Yes, but he sensed it himself. (2020-12-01 11:27:39)

He abandoned the Pa-Auk tantra and observed the Twelve Links of Dependent Origination on his own.

Tiancheng 2020-12-01 11:31:34

I changed my profile picture.

I don't want to be famous anymore.

Because I want to become a master. (Wind, 2020-12-01 11:32:46)

Ha ha

Become a master

This is much more interesting than becoming famous. (Tiancheng, 2020-12-01 11:33:17)

right.

I will do it.

2020-12-01 Wind and Nature - A Sense of Separation

Tiancheng 2020-12-01 14:38:55

Lester said in Goals and Wins that the first desire is the desire to separate. Why isn't this the first desire in the Liberation Law?

Wind 2020-12-01 14:39:11

sense of separation

Wind 2020-12-01 14:39:49

[Chat Log Between Wind and Nature]

【

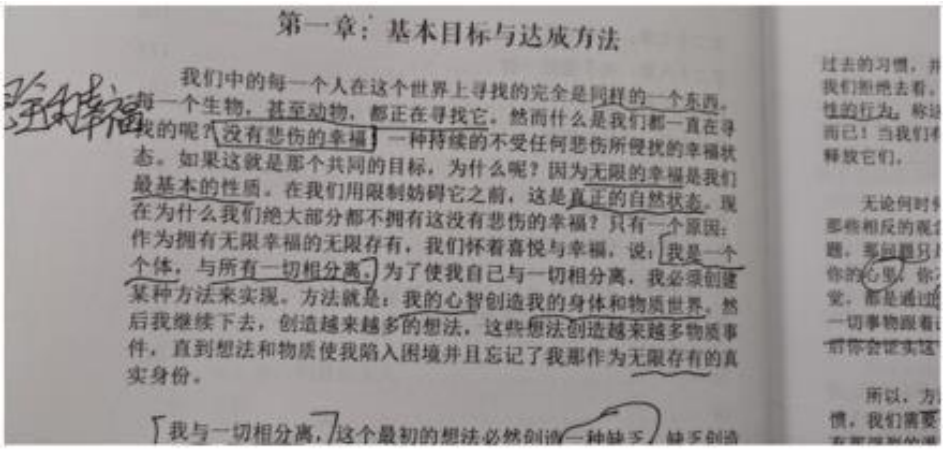
Wind: I touched upon the sense of separation beneath the fear of death. Wind: I know I'm nearing my end.

Tiancheng: Is it the feeling of separation that makes you want to survive?

Wind: Yes, it's this sense of separation—the feeling of "I exist as a body"...

】

Tiancheng 2020-12-01 14:40:42


第一章：基本目标与达成方法

我们中的每一个人在这个世界上寻找的完全是同样的一个东西。每一个生物，甚至动物，都正在寻找它。然而什么是我们都一直在寻找的呢？没有悲伤的幸福。一种持续的不受任何悲伤所侵扰的幸福状态。如果这就是那个共同的目标，为什么呢？因为无限的幸福是我们最基本的性质。在我们用限制妨碍它之前，这是真正的自然状态。现在为什么我们绝大部分都不拥有这没有悲伤的幸福？只有一个原因：作为拥有无限幸福的无限存有，我们怀着喜悦与幸福，说：我是一个个体，与所有一切相分离。为了使我自己与一切相分离，我必须创建某种方法来实现。方法就是：我的心智创造我的身体和物质世界。然后我继续下去，创造越来越多的想法，这些想法创造越来越多物质事件，直到想法和物质使我陷入困境并且忘记了我那作为无限存有的真实身份。

我与一切相分离，这个最初的想法必然创造一种缺乏，缺乏创造

Tiancheng 2020-12-01 14:42:09

In other words, releasing the fear of death also releases a sense of separation? (Wind, 2020-12-01 14:43:09)

The release is all about releasing a sense of separation . (2020-12-01 14:43:13)

However, when you reach this bottom line and begin to release, you can achieve freedom within months; continued releasing will get you there. Given your current momentum, you are capable of doing so. As you continue to release, you will reach higher levels. (High). From a higher vantage point, you can release yourself more deeply and draw out the fear of death. When you let go of the fear of death, a more intense pain arises—a sense of separation. (When) you're free of that fear of dying there is a (much stronger agony -- the feeling of separation.) But because you have already released so much garbage, when you let go of the fear of death, you are able to cope with it and eliminate this feeling of separation, and then you are there ("The re ") .

Wind 2020-12-01 14:43:56

After releasing your fear of death, you will come into contact with a sense of separation.

At this point, it becomes a choice: to become an infinite being, or a separate individual. Once you accept your infinite being, you immediately become one.

Tiancheng 2020-12-01 14:44:31

Even after releasing the fear of death, the work isn't finished? (Wind, 2020-12-01 14:44:42)

Once it's completely released, it's done.

When the feeling of separation arises, you haven't fully released the fear of death.

Wind 2020-12-01 14:46:06

[Chat Log Between Wind and Nature]

【

Wind: I've delved into the last remaining limitation within. Is it a sense of separation?

Wind: Hmm, it's a sense of separation.

Wind: And then I kept just enough of that tiny bit of fear of death to barely contain the feeling of separation .

】

Wind 2020-12-01 14:46:16

I've told you this before.

If you want to handle the feeling of separation, you must retain some of the fear of death.

Otherwise the sense of separation will dissipate.

When you completely eliminate the fear of death, your mental programming is completely cleared.

(2020-12-01 14:47:04)

The sense of separation was also eliminated.

So, that means I've reached a state where I am everything? (Wind, 2020-12-01 14:47:29)

Infinite existence

Tiancheng 2020-12-01 14:47:31

No longer feeling of separation .

(2020-12-01 14:47:47)

Yes, I will no longer feel like "I am an individual," and I will no longer feel like I am a body.

Tiancheng 2020-12-01 14:48:16

Even while still using a body , 2020-12-01 14:48:24

Um

You watched the body move . (2020-12-01 14:48:31)

You just said that every release

is a release of a sense of separation.

(2020-12-01 14:48:39)

Yes

It involves constructing a mindset—"Imagine it as a body." Therefore, everything you do, and everything we will continue to do until you are free, is to eliminate this sense of separation.

The sense of separation is actually a kind of sense. of ego

Tiancheng 2020-12-01 14:49:47

Could it be said that what's being released is a sense of individuality? I feel like an individual.

(2020-12-01 14:49:51)

Self-sense

the The word "way" doesn't use "separation" but rather "sense of ego".

Self-sense

Every time you release yourself, you are releasing your ego to recognize that God is acting through you.

Tiancheng 2020-12-01 14:51:11

It's not me, but the Heavenly Father working through me—this is a slogan I used to frequently chant.

Wind 2020-12-01 14:51:58

Release it to become an experience

naturally formed 2020-12-01 14:52:01

Um

Are you living with this kind of experience right now? (Wind, 2020-12-01 14:52:39)

Basically I rarely use my mind to make decisions, but this isn't a negative feeling; it's a wonderful, blissful feeling.

Tiancheng:

wind:

Tiancheng:

wind:

Tiancheng:

wind:

Tiancheng:

wind:

Tiancheng:

Okay, I'm going to try it out. I imagine you have quite a few chatlogs.

But why can the corresponding record be retrieved so quickly every time?

For example, the chapters of the Bhagavad Gita.

Someone sent me a few pages yesterday. I used it directly to answer another person's question.

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I don't need to use my mind to find the answer.

Even if you still have all it takes to remain a

nt, can you directly use your intuition?

wind:

besides
70 % to 80 % of intuitive operation
As you release your inhibitions,
you'll become increasingly inclined to
rely on your intuition.

Tiancheng:

Yes, the less you have intellect, the
more intuition you have.
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2020-12-01 Wind and Heaven — Are the desire to separate and the feeling of separation the same thing?

Tiancheng 2020-12-01 15:11:55

Are the desire to separate and the feeling of separation the same thing? (Wind, 2020-12-01 15:12:57)

Wanting to become
a body or a sense
of separation
Haier's problem is that it incorporated this underlying concept into a question, which completely confused the methodology.

Tiancheng 2020-12-01 15:13:57

What does it mean when it's included in a question?
Is the feeling of separation a desire for acceptance, and is that how it's released? (2020-12-01 15:14:29)

Perhaps those questions aren't even necessary. These questions can supplement or even replace the guiding questions you asked during your previous exercises. From now on, we will no longer ask "Would you like to...?" and Ask yourself questions like, "When are you going to...?" because on a deeper level, we can make the decision to let go more quickly and spontaneously. In short, try to use these

questions to support your letting go whenever needed! As before, you can read the questions to yourself or do it with the help of a partner.

Step 1: Focus on your problem, and then allow yourself to welcome how you feel in the present moment.

Step Two: Dig deeper to see if your current feelings stem from a desire. Then ask yourself one of these two questions: Does this feeling originate from a desire for approval, control, security, or separation ? What desire lies hidden behind this feeling? If you are unsure which specific desire is behind the feeling, or if you find that several desires coexist (which is often the case) , pick the one that you feel is dominant, or the one you tend to...

Once that's done, proceed to step three.

Step 3: Ask yourself one of the following three questions: Can I allow myself to crave (being recognized, controlled, safe and secure, separation)? Can I welcome my craving for (being recognized, controlled, safe and secure, separation)?

Can I let go of my desires for (being recognized, controlled, safe and secure, separation) ?

Wind 2020-12-01 15:14:43
another passage
he wrote in the
book.
Tiancheng 2020-12-01 15:16:05
Um
Wind 2020-12-01 15:16:19
There is

also a paradigm of

unity and separation.

Addressing the desire for separation, and its opposite, the desire for unity, is key to releasing tension in interpersonal relationships. Generally, in a relationship, one person actively approaches while the other resists or runs away; the roles aren't fixed, and they may often alternate. But regardless of which side you're on, you can improve the relationship through release. For example, if you let go of the desire to get closer, you'll find yourself actually closer to the other person; similarly, if you let go of the desire to separate, you'll find yourself content with the status quo and no longer feel insecure.

From now on, pay attention to your desires for unity and separation in your relationships. You will find that consistently addressing this topic will greatly improve your relationships.

Tiancheng 2020-12-01 15:16:22

This is more complicated. (Wind, 2020-12-01 15:16:32)

This is incorrect. He interpreted this as a desire for separation, but actually just a desire for acceptance.

Tiancheng 2020-12-01 15:16:50

Um

Wind 2020-12-01 15:17:49

Haier made this mistake of overusing its intelligence in "The Way " (2020-12-01 15:18:07)

He interpreted this as a desire for separation , but actually just a desire for acceptance.

I don't understand these two sentences.

Interpreting the feeling of separation as a desire to separate oneself from the wind (2020-12-01 15:18:41)

He said that in a relationship, you either want to get closer or want to get away . (2020-12-01 15:18:47)

Oh, yes.

Wind 2020-12-01 15:18:52

He said this is about wanting unity and wanting separation . (2020-12-01 15:18:53)

Want to agree with the wind 2020-12-01 15:18:57

But actually, I just wanted to agree with Tiancheng (2020-12-01 15:19:03)

Understood

This is a fundamental mistake. (Tiancheng, 2020-12-01 15:20:21)

Does this mean

He hadn't really processed his fear of death, which is why he couldn't understand this sense of separation.

Wind 2020-12-01 15:20:56

Um

He did not actually release them there. (Tiancheng , 2020-12-01 15:21:11)

Where did his

release actually go ? (2020-12-01
15:21:15)

He tried to interpret Lester Levenson (The Sedona Method) 's concept of separation using his intellect.

Tiancheng 2020-12-01 15:21:25

Um

Wind 2020-12-01 15:21:31

Student (Hayer) : Lester, lately I've been looking at all the concepts I have, including that spiritual concept—that I am not this body. Then, there's something I'm doing right now that I'd like you to help me check if I'm on the right track. I want to follow that belief because when I let go of it, I often feel worse, and my inner experience with the concept becomes "it's just a concept."

Lester: "I am not this body" is an admission of having a body, isn't it? This is a trick of the mind; the mind is merely...

It deceives you, destroys you, and squeezes you, making you continuously believe you are an infinitesimally small body. The function of the mind is limitation. So when you let go of your mind, what remains is your existence. That's it. And it's right here, without limit.

system.

Wind 2020-12-01 15:21:42

This is a dialogue from The Way. He tried to follow his beliefs back then.

Wind 2020-12-01 15:21:56

Tiancheng's application was rejected by Lester Levenson (The Sedona Method) on 2020-12-01 15:22:29

Um

Do you know where Haier has gone? Has it reached the realm of boundless consciousness?

Wind 2020-12-01 15:23:26

He lacked experience with the six-step process (2020-12-01 15:23:44).

Um

Wind 2020-12-01 15:23:47

Therefore, he did not reach the "Nabhikpa" samadhi; he may have had several experiences of oneness.

This led him to mistakenly believe that he was about the same level as Lester Levenson (The Sedona Method) . (Tiancheng , 2020-12-01 15:24:07)

What is the Oneness Experience? (2020-12-01 15:24:11)

Therefore, Lester Levenson (The Sedona Method) 's

method can be modified. (Tiancheng
2020-12-01 15:24:21)

Um

Wind 2020-12-01 15:24:40

The experience of oneness is merely a preliminary experience of samadhi; samadhi is the true experience of oneness.

However, the "Sabi Kappa" Samadhi still has the potential for natural seed formation. (2020-12-01 15:25:05)

Is the Samadhi mentioned here the same as the "Nybikapa" Samadhi? (2020-12-01 15:25:12)

Even after experiencing the "Sabi Kappa" Samadhi, one will still succumb to the afflictions of nature. (2020-12-01 15:25:32)

He hasn't even reached the "Sabi Kappa" Samadhi? (2020-12-01 15:25:33)

Therefore, the experience of being in oneness with the infinite can never be used to test one's spiritual level; he may have attained the "Sabikkapa" samadhi.

However, it is impossible to attain the Samadhi of "Nebikapa".

Tiancheng 2020-12-01 15:26:04
The experience of being one with the infinite is the experience of oneness? Hmm.
Wind 2020-12-01 15:26:16
Haier is probably no longer able to enter Samadhi, regardless of whether there are any seeds or not.
Tiancheng 2020-12-01 15:26:24
Why?
(2020-12-01 15:26:35)
He modified the method. (Tiancheng, 2020-12-01 15:26:43)
Um
Wind 2020-12-01 15:26:55
He mistakenly believed that what he experienced in his Oneness experience was the supreme, innate perfection . (2020-12-01 15:27:01)
He still felt pain . (2020-12-01 15:27:16)
Therefore, he mentally transformed his insights into a set of methods . (2020-12-01 15:27:18)
Will he return to Lester Levenson (The Sedona Method) 's original teaching methods? Is that possible? (Feng, 2020-12-01 15:27:32)
Triple welcome, fifth release method, etc. (2020-12-01 15:27:36)
Because without freedom, there will be suffering . (2020-12-01 15:27:59)
And what he's sharing now emphasizes welcoming the current situation . (2020-12-01 15:28:04)
Um
Wind 2020-12-01 15:28:09
Or discover the perfect harmony of the present moment . (2020-12-01 15:28:18)

Have you reviewed the current teachings? (Feng, 2020-12-01 15:28:40)

I've been following Haier's YouTube channel for a while; his recent videos are all of this type.

Tiancheng 2020-12-01 15:28:57

Um

Wind 2020-12-01 15:29:24

And there was also a Tantric mandala hanging behind it. (2020-12-01 15:29:55)

Yeah, I was also wondering why he was displaying such things on his website.

Wind 2020-12-01 15:30:15
He also emailed his students to recommend Qigong.
He said he had practiced for many years and could assist in releasing [the weapon/item].
Chinese qigong
Tiancheng 2020-12-01 15:31:16
Which specific type of samadhi is it? (2020-12-01 15:31:22)
picture loyd These students , including Haier, seem forever unable to comprehend Lester Levenson (The Sedona Method) 's sacredness . 早 great
Sabikapa Samadhi
Tiancheng 2020-12-01 15:31:33
Um
Wind 2020-12-01 15:31:41
The Samadhi of "Nabhikpa" cannot be summarized by the experience of oneness alone. (2020-12-01 15:31:51)
Um
Wind 2020-12-01 15:32:08

In his final years, Yogananda would use the pronoun "I," like Jesus: not referring to himself as a human being, but to the divine consciousness residing within him . Disciples like Laurie Pratt , who had followed him for many years 早, could not accept, or even understand, the purpose of the external impersonality that the master displayed in his later years.

In fact, she had even mocked some of her guru's quirks, as if he were just an ordinary person. She once told me, "Every time I think I understand him, he becomes incomprehensible again." I was surprised that she even considered trying to understand her guru—as if trying to figure him out, like analyzing a person. I know Laurie really thought that way, because she had analyzed me that way too. "Everything," she once said to Daya Mata , "we must try to understand, ' What is his purpose?!'" But our guru has no "purpose," except the hope of helping everyone. Does such purposeless behavior need to be analyzed? Does the ocean need

to be understood? Even I, I ask for nothing more than to help him work.

Laurie also ridiculed the Guru's call for people to gather together and form spiritual communities as impractical. Yet this was clearly a fundamental aspect of the Guru's earthly mission! He said it would become a way of life in the future. That year, I built the first building in Ananda to begin preparing the retreat center, and Laurie Pratt (then called Daya) suffered a severe stroke. Two years later…早
She passed away. A plausible explanation is that she suffered a stroke due to a fit of rage, and the reason for her rage was that I dared to be so "outrageous" as to blatantly ignore her objections and build a community.

However, now that more than forty years have passed since the founding of Ananda, I can say with certainty that the Guru's dream was very realistic, and the vast majority of Ananda's residents are unwilling to move elsewhere.

Laurie Pratt's example may be helpful to many. Therefore, please allow me, who understands this matter, to recount this case. Also, I should add that I have always considered her a great saint.

in 1949 , the guru made prophecies to several of his close disciples. Regarding Laurie Pratt, he said, "Laurie, you have finished 'An Autobiography of a Yogi,' and you will understand God."

I was initially quite skeptical of this prophecy because Laurie seemed to me extremely arrogant and stubborn. In fact, she was my adversary, having orchestrated my expulsion from the Self-Awareness Fellowship. I was quite certain that many of the accusations she leveled against me were unfounded , but when I told her, "None of this is true," she dismissively but loudly replied, "I don't need your opinion!"

I have reason to believe that she has reached a certain level on a spiritual level. However, "samadhi," or rather, oneness with God, is divided into two stages, as my guru once explained to me. The first stage is called Sabikalpa samadhi. In this stage, one may still suffer spiritual stagnation because self-consciousness has not been completely overcome.

Returning to the Guru's disciples from those early years: some seemed forever unable to comprehend his sacred greatness. To them, the Guru was a person, but to those of us who approached him later in life, he was not. For instance, Dr. Lewis told me he wrestled with the Guru many times in his youth. "Did you win?" I asked. "Well," the doctor replied with a victorious but very serious expression, "I let

him win." I smiled and said nothing. Like Master Khrushchev, the Guru could effortlessly lift an entire mountain with his little finger; he could certainly win a wrestling match if he wanted to! In the presence of a true saint, it is better to acknowledge his supernatural abilities than to speculate about his unreliability.

Kryananda lamented that Yogananda 早's disciples from that time seemed forever unable to comprehend the divine greatness of their guru, unlike the disciples who joined later.

Tiancheng 2020-12-01 15:33:10

Why is it that even after living alongside a master, one still cannot recognize them? (Feng, 2020-12-01 15:33:22)

She attained the "Sabi Kapala" Samadhi but not the "Nebikapa" Samadhi.

Therefore, she experienced boundless consciousness, believing herself to be omniscient, yet she was driven by her sense of self.

Kryananda lamented that Yogananda 早's disciples from years past seemed forever unable to comprehend the divine greatness of their guru, unlike the disciples who joined later.

I think the same applies to Lester Levenson (The Sedona Method) . (2020-12-01 15:33:32)

早The students who created the Release Law with Lester Levenson (The Sedona Method) in 2016 never seemed to understand Lester Levenson (The Sedona Method) 's level of understanding. (2020-12-01 15:33:36)

For example, Lloyd

Her homepage makes no mention of Lester and even claims that she created the release method.

Laurie is the editor of "An Autobiography of a Yogi".

Hawkins also didn't understand Lester Levenson (The Sedona Method) .

I saw that even Haier didn't quite understand Lester's greatness; he even thought he could revise it.

Wind 2020-12-01 15:34:26

Furthermore, the book uses phrases like "this may stem from some of his own experience" to describe Lester's interpretation.

put

Tiancheng 2020-12-01 15:34:31

Is it the one with the energy meter? (Wind, 2020-12-01 15:34:32)

He didn't understand that the master is always right, while Stephen did.

Tiancheng 2020-12-01 15:35:29

I used to envy Haier for having a master like Lester Levenson (The Sedona Method) . (2020-12-01 15:35:15)

He was also a student of Lester Levenson (The Sedona Method) , and he copied the emotion chart, then made

some modifications and additions to create Hawkins' energy levels.
He also wrote about the release method in the book, but made no mention of Lester.

Tiancheng 2020-12-01 15:35:28
Huh?

Tiancheng 2020-12-01 15:35:39
Um

Wind 2020-12-01 15:35:40
[laughing out loud]

Tiancheng 2020-12-01 15:35:44
[laughing out loud]

Wind 2020-12-01 15:35:50
He also wrote about releasing Fa Tiancheng in the book.
(2020-12-01 15:35:52)

Haier really doesn't appreciate masters! (2020-12-01 15:35:55)

However, no mention was made of Lester Levenson (The Sedona Method) City's 2020-12-01 15:35:59

Huh?

Wind 2020-12-01 15:36:01

Um

Therefore, the release law doesn't actually have any copyright. (Tiancheng, 2020-12-01 15:36:09)

Wasn't it given to Haier? (Posted 2020-12-01 15:36:18)

Only a portion of the video and audio copyright information . (Tiancheng, 2020-12-01 15:36:20)

I once considered establishing an organization in China to disseminate the original liberation law for free. At the time, I wondered what would happen if Haier filed a lawsuit.

Wind 2020-12-01 15:36:24

You might not have this thought anymore after you release it. (Tiancheng, 2020-12-01 15:36:30)

Um

If they proceed, will Haier have a full-fledged legal battle? (Tiancheng, 2020-12-01 15:36:33)

right

Wind 2020-12-01 15:36:34

There are still about 100 students in the United States teaching the original version of the release method on a small scale .

Tiancheng 2020-12-01 15:36:36

100 people, that's a lot.

Wind 2020-12-01 15:36:40

I know of one of them who

did it completely free. (2020-12-01
15:37:20)

Does Haier own the copyright to the 1992 instructional videos?
Wind 2020-12-01 15:37:29

He said Lester Levenson (The Sedona Method) has
taught me for so many years without charging me any money, so I
can't charge him either. (Tiancheng, 2020-12-01 15:37:50)

right
Wind 2020-12-01 15:37:52

ralph
Tiancheng 2020-12-01 15:38:00

Did he accept
the donation? (2020-12-01
15:38:30)

I didn't pay
much attention to
Tiancheng's post from
2020-12-01 15:38:35.

Um

Wind 2020-12-01 15:39:29

This is what Bethlehem told me. (Tiancheng, 2020-12-01 15:40:00)

Um

Wind 2020-12-01 15:41:29

In fact, very few people actually teach the Lester Levenson (The Sedona Method) Original Release Method. (2020-12-01 15:42:16)

Does Haier own the copyright to the 1992 instructional videos?

Wind 2020-12-01 15:42:30

Stephen is also a niche figure.

The copyright must have expired, otherwise there's no way to upload it to YouTube. (Tiancheng, 2020-12-01 15:42:50)

Is there an expiration date? (Wind, 2020-12-01 15:43:19)

Or there is no copyright.

Including the audio files Larry sold (2020-12-01 15:43:40)

Is this also Lester Levenson (The Sedona Method) 's audio? (Wind, **2020-12-01 15:43:50)**

Those Lester audio clips on YouTube are all sold by Larry. (Tiancheng **, 2020-12-01 15:44:00)**

oh oh

copyright to these Lester audio recordings. **(2020-12-01 15:44:40)**

Therefore, there is no copyright issue. (Tiancheng **, 2020-12-01 15:45:05)**

good.

Wind **2020-12-01 15:45:10**

However, I still do not recommend

institutionalization . **(2020-12-01 15:45:15)**

Um

What is your suggestion? (Wind **, 2020-12-01 15:45:18)**

I also had the idea of setting up a free media organization, but it disappeared after the release of [the government/organization].

Tiancheng **2020-12-01 15:45:19**

Um

Wind **2020-12-01 15:45:20**

Because I saw that this was a niche method, my advice is to liberate yourself to achieve freedom.

Tiancheng **2020-12-01 15:45:25**

Um

Wind **2020-12-01 15:45:30**

After we gain freedom, let's go play on Mars, don't stay on Earth forever. (**2020-12-01 15:45:35)**

Then, if anyone needs it, I can teach them. (**2020-12-01 15:45:38)**

Yes, only share when people need it. (Tiancheng **,2020-12-01 15:45:40)**

Um

Did you learn about it from Samadhi? (Wind **, 2020-12-01 15:45:45)**

yes

Tiancheng **2020-12-01 15:45:48**

Is this the fate of the Liberation Law? (2020-12-01 15:45:50)

The key point is that not many people want freedom . (2020-12-01 15:45:55)

Um

Wind 2020-12-01 15:45:56

It was inevitable that this method would be distorted.

Lester Levenson (The Sedona Method) did not force the whole world to learn the Release Technique. (2020-12-01 15:46:24)

Um

Wind 2020-12-01 15:46:28

He knew perfectly well that Haier would change its methods.

I remember him telling a student that Haier might go astray in the future, but Haier's mission was simply to spread the law of liberation globally.

For example, in China, it was because of Haier and Larry that people understood the natural advantages of the release law. (2020-12-01 15:47:28)

Yes

Wind 2020-12-01 15:47:38

Then, those who truly desire freedom will naturally find Stephen and others, and they will naturally find the 1992 curriculum.

Its original version will naturally be found.

(Tiancheng, 2020-12-01 15:48:04)

Um

Wind 2020-12-01 15:48:15

He certainly knew that I had mentioned the The translation by way was completed by Tiancheng on 2020-12-01 at 15:48:52.

Did Lester Levenson (The Sedona Method) appear in your samadhi experience? (Wind, 2020-12-01 15:49:14)

Lester is a Paramukta, a Siddhartha

He will not appear
in the image . (2020-12-01
15:49:37)
But I can sense his
innate talent all the time.
(2020-12-01 15:50:04)
When did you start to feel his
presence? (Wind, 2020-12-01 15:50:32)
I didn't deliberately try to sense him.
Until one day I meditated on Yogananda
in Samadhi and then I thought, why don't
I meditate on Lester?
The moment that thought crossed my mind, I
immediately realized that he was right beside me; he
had always been there.
Tiancheng 2020-12-01 15:51:30
Have you seen
Yogananda? (Wind, 2020-12-01
15:51:52)
I saw Yogananda.
A large amount of information was presented to me.
Then I followed my inner
guidance and read a few books . (2020-12-01
15:52:20)
What did he convey
to you? (Wind, 2020-12-01
15:52:36)
Only after that did I begin to explain
my experiences using the science of yoga .
(2020-12-01 15:52:52)
Um
Wind 2020-12-01 15:53:05
So I experienced it first, then received
guidance, and then found a way to interpret it. (Tiancheng,
2020-12-01 15:53:36)
Um

December 2, 2020: By consistently following these six steps, you will gradually increase your motivation for freedom, thereby achieving the first step

completely.

Huixuan 2020-12-02 21:46:13

Teacher Feng, is it necessary to reach the first step in the six steps? But I don't know how to achieve this. Is it possible to change the order of the six steps?

Wind 2020-12-02 21:47:38

The six steps are achieved through continuous release.

You need to continuously derive pleasure

from step six in order to achieve step one.

Initially, all six steps are useful.

When you don't want to

release, remind yourself of

the first step and then decide

to release; that's the second

step.

The third step is to directly release the desire for control and recognition; the fourth step is to continue releasing and maintaining this release.

When stuck, release the desired control over the stuck area; this is the fifth step.

Each release feels more pleasurable and relaxing; this is step six.

By consistently following these six steps, you will gradually increase your motivation for freedom, thereby achieving the first step completely. (Huixuan, 2020-12-02 21:54:54)

I believe that as long as you release the tension, these six steps will happen naturally, just like breathing; they don't need to be reminded.

Is my understanding correct?

Is the first step considered a wish?

Is the second step considered preparation for action because of the first step? Are the third, fourth, and fifth steps the action process? Is the sixth step the result of the action ? Is this understanding correct?

Wind 2020-12-02 22:00:33

A reminder is needed

Because the six steps are easy to forget.

If something is not within the six steps, then it is not being continuously released. Only if it is truly being continuously released will it conform to the six steps.

Huixuan 2020-12-02 22:02:18

Continuous release doesn't necessarily mean sustained release. Even if you're stuck using step five, it still constitutes sustained release, right? (Feng, 2020-12-02 22:04:35)

If it gets stuck, use step five, which is also a continuous release process.

If you get stuck, and remain stuck, then it's not a continuous release. (Huixuan 2020-12-02 22:06:28)

When I didn't want to release the urge to take the first step, I didn't feel anything. Instead, it reminded me of my desire to change myself and for things to get better, which motivated me more.

Wind 2020-12-02 22:07:31

This works too.
Release makes
you more free;
freedom includes
everything.
All you need is a
motivating force to
release it; the desire for
recognition will lead to
development, and the
desire for control will
lead to growth.
If you feel the need for approval,
you need to release that need.
Once you release the need for
control, the need for approval
will become obvious.
Having released enough desire for recognition and control, the desire for security becomes obvious.
If you don't release the desire for security, the desire for recognition and control will only develop, and this cycle will continue endlessly. Therefore, you must continuously release the desire for control and recognition, and then continuously release the desire for security.
Only in this way
can we reach the end .
(2020-12-02 22:18:05)
By following these six
steps, everyone can achieve freedom. (Hui
Xuan, 2020-12-02 22:19:07)
If you keep releasing it, you'll stay
within the six steps, and you'll achieve freedom.
(2020-12-02 22:19:22)

Yes

Huixuan 2020-12-02 22:20:20

As long as it's within the six steps, it's continuous release. Can it be understood in this way?

(Feng, 2020-12-02 22:21:47)

Yes

Six-step test

As long as you follow these six steps, you can be free.

2020-12-04 Wind and Heaven - Step 1, Step 2 Usage

Tiancheng 2020-12-04 17:08:09

I spent a lot of time releasing it today, but I found that I was stuck most of the time. I was so frustrated by how it was stuck.

It feels like the wind is being trapped indefinitely. (2020-12-04 17:09:26)

Yes, if you want to control the release process, it will get stuck and continue to use step five to release.

Tiancheng 2020-12-04 17:09:48

Um

Should I use the first and second steps? I've realized I can use the fifth step, but I still feel unable to release the pent-up emotions.

Wind 2020-12-04 17:11:19

If you're unwilling to release, then take the first step.

(2020-12-04 17:11:45)

How do I use the first step? (Posted by

Feng, 2020-12-04 17:11:46)

For example, wanting to do something else means you want to suppress your feelings. If you're looking for control and validation elsewhere, you need to determine: do you truly want freedom? If you continue to release, you will achieve freedom.

Tiancheng 2020-12-04 17:13:01

What's the second step? How do I use it? (Wind, 2020-12-04 17:14:18)

It's just a decision you've made now——to release.

Tiancheng 2020-12-04 17:14:54

Okay. I'll go release it again.

2020-12-05 Disgust and Craving

Wind 2020-12-05 21:01:13

In the process of liberation, you will naturally discover that the world is full of suffering, and that all happiness comes from infinite existence.

让你痛苦的那个，只是对世界的厌恶而已那并不是想要自
由
那个叫厌恶世界
厌恶和贪恋是一体两面

I am Infinite 2020-12-05 21:01:19

Is the release of disgust and craving a direct release of these feelings, or a release of the desire to control and desire for these feelings?

To be recognized?

Wind 2020-12-05 21:01:24

The desire to control is a urge, right?

Desire

the right The path discusses desire . and aversion

That is, attachment and aversion

So desire is... attachment

Wanting this and wanting that is greed, or

desire. It also has an opposite: aversion.

You don't want (dislike) this, you don't want (dislike) that .

I am Infinite 2020-12-05 21:01:35

That craving and aversion are the purest feelings of wanting and not wanting, right?

Wind 2020-12-05 21:01:41

So whether you want it or not, it's the

same thing .

Actually, it's still three things.

Wanting control, wanting recognition, wanting security

December 7, 2020: Your future depends solely on the decisions you make right now.

Wind 2020-12-07 10:22:02

Yes, take full responsibility
The key issue is that you perceive the future as a random part that you cannot control, but it actually isn't.
The future depends solely on your decisions right now; the decisions you make now will shape the future.

Therefore, you have complete control over this matter.

Will use

If you release it now, you might forget about it in a few days, but if you use it every time you remember, you'll...

More and more frequently

Xiong Wei 2020-12-07 10:24:02

It's just a time limit, just like the group admin said, if you can't finish within 24 hours, then finish it first. 24 minutes.

Wind 2020-12-07 10:24:36

Releasing it isn't that difficult

We've just gotten used to suppressing our feelings, which is why we find it so difficult to release them.

The difference between the subconscious and the conscious mind lies in whether or not you look at something at this moment. (2020-12-07)

Wind 2020-12-07 10:12:29

The world isn't like that.

A person's behavior is not accidental.

All actions are autonomous, driven by internal motivations. The difference between the subconscious and conscious mind lies in whether or not one is consciously looking at something at this moment.

All future experiences depend on the decisions made in this moment.

If you decide to relinquish your desire to control the future (i.e., your lack of control) , you will definitely be able to control the future. If you decide to maintain your desire to control the future, you will definitely not be able to control it. It's that simple.

The future is not a matter of chance .

(Xiong Wei, 2020-12-07 10:21:41)

In other words, the problems you're aware of now are irrelevant; whether

you remember them later or not is irrelevant. Just pick up the weapon.

Open the dryer

December 7, 2020: Your future depends solely on the decisions you make right now.

Wind 2020-12-07 10:22:02

Yes, take full responsibility

The key issue is that you perceive the future as a random part that you cannot control, but it actually isn't.

The future depends solely on your decisions right now. The decisions you make now will shape the future, so you have complete control over them.

If you release it now, you might forget about it in a few days, but if you use it every time you remember, you'll...

Will use

More and more frequently

Xiong Wei 2020-12-07 10:24:02

It's just a time limit, just like the group admin said, if you can't finish within 24 hours, then finish it first. 24 minutes.

Wind 2020-12-07 10:24:36

Releasing it isn't that difficult

We've just gotten used to suppressing our feelings, which is why we find it so difficult to release them.

The effect of releasing it once on December 7, 2020 , is equivalent to several months of meditation.

Tiancheng 2020-12-07 11:41:16

"These nine types of emotions are driven by two basic feelings: the desire to control and the desire to identify. Traditional methods of meditation, usually through focused concentration, only achieve superficial peace. It makes you feel good, but it doesn't release any programs. If these programs remain in the subconscious, they will govern your karma. If you look at them, they will be brought out and released. Releasing the desire to control and identify is a shortcut; it clears away thousands of programs. The effect of one release is equivalent to several months of meditation, equivalent to hundreds of years of natural evolution. Different eras have had different methods, revealed by masters, but the release method is the most effective in this era and in the world today."

The only simple and feasible method

Tiancheng 2020-12-07 11:41:28

"By following the six steps and releasing for a month, you can gain the power of life. The three questions are for releasing emotions, but releasing emotions is just the beginning. The real big step requires you to continuously release the desire for control and validation, to the point that the fear of death will surface. When the fear of death surfaces, you will be free after a week of release. Releasing desires means that when you become aware of the desire for control and validation, there will naturally be a tendency to let go. Therefore, you only need one question and the release process. The release method is a scientific approach. By following this process through the six steps, you can quickly reach the destination."

Tiancheng 2020-12-07 11:41:41

Admiration

Target release process (December 9, 2020)

I am Infinite 2020-12-09 12:29:23

[Link: Goals] and winning means you must win the goal.

https://mp.weixin.qq.com/s/01-DQFePFSrFFfF99DKnHw]

Roller 2020-12-09 12:29:24

Don't suppress your desires, don't suppress your emotions. Get what you want through the release method. This is Lester's favorite teaching!

Actually, I'm verifying it myself. Isn't the release method a panacea?

Qingxi 2020-12-09 12:29:32

You guys need a lot, what have you manifested so far? Please share.

Roller 2020-12-09 12:29:41

Not yet [smirking], and our experience is just our experience. Why don't you go and realize it yourself? (I am Infinite 2020-12-09 12:29:50)

Therefore, a crucial prerequisite for achieving the goal is through a release mechanism.

Roller 2020-12-09 12:29:54

Yes, simply by releasing, you can get everything you want. I am Infinite. 2020-12-09 12:30:01

This will bring out all your limiting beliefs.

Roller 2020-12-09 12:30:18

Target release is a very important step.

Those who have learned it can set goals to release it.

I'm issuing a challenge to you all: let's see who can achieve their first goal solely through releasing [something]? (I am Infinite, 2020-12-09 12:30:52)

Goals are a valuable indicator of one's progress and a driving force for continued progress.

Roller 2020-12-09 12:30:59

Red envelopes will be sent in the group later.

I've shared the key points of target release in the group; everyone can study them.

Roller 2020-12-09 12:31:16

Release of the target (Video 4 🟦)

1. step:

Write down your goal (in the present tense) and then look at your goal.

Release your first feeling about the target

first feeling

Okay, that's it, it's that simple.

Once you've released your initial feeling, look at your goal again and release that

initial feeling once more.
Continue until you
feel that the goal has
been achieved. Note
the emphasis on
"achieved".

2. Detailed analysis and experience sharing:
I've already reiterated almost
everything above; the rest is just
repeated guidance.
The original release
method is really simple.
I can translate their
explanation; mine is a
summary.
I've set goals and released them many times before.
I rarely set goals now because I've found that
there's nothing I truly want. Let me share my
experience regarding goals.

goals is a way to continuously release emotions. When you look at your goal, as long as you don't deceive yourself, a multitude of feelings like "impossible" will arise. Of course, there will also be anger, sadness, and other diverse emotions. Release them one by one according to the process. After releasing them, there is a clear and certain feeling, a "knowing" that it is mine.

It's about looking at the target and releasing whatever emotion comes to mind.

Let's examine the goal again: has it reached the "achieved" state?
If not, then it must be a desire for control and validation (emotionally, it's a feeling of powerlessness, greed, anger).

(fear, etc.)

Release the sensations from the

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Until all is cleared
My personal experience is that if you continue like this, you'll reach a state where you're "very confident that you can achieve your goal," but that state isn't good.
This state still needs to be released.
This should be based on
self-respect, pride, and fearlessness in the

process of setting goals; I've tested it many times.

Generally speaking, beneath the emotion of "I believe it will definitely come true" lie many subconscious emotions, and many more will emerge after the release of these emotions.

What does it feel like to be completely free from your true goals?

At that moment, I "knew" (without thinking, without believing) that the goal was already mine, very clearly and firmly, as if it were right in front of me.

At this point, you won't t

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this point, I usually stop thinking about it and do other things.

Then it naturally came.

This goal-oriented process

ssisalmostalwaysseffectiveandcanbestarted with small things.

Lester said that if you can't be a winner, that sense of defeat will stay with you, so once you set a goal, you must achieve it.

There for ore, don't

et the initial goal too high, lest it deter you.

Written down the lessons learned from each success

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This will make you increasingly adept at using goal-oriented processes.

~ The above is a contribution from the wind. :|Hx'

2020-12-09 The driving forces of growth: one is pain, the other is joy.

Wind 2020-12-09 22:45:21

It quieted down.

Lester has also discussed in detail the two drivin

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One is pain,
like someone
whipping your
body from
behind; the
other is
pleasure.

What is the sole source of happiness? It is the stillness of the mind, which allows your infinite existence to be revealed more clearly.

Does the pleasure you derive from food actually come from the food itself? No, it comes from the moment you chew the food, when your mind temporarily...

ZOEY 2020-12-09 22:45:34
@Wind Thank you. How do you understand this feeling of the world speeding up?

Wind 2020-12-09 22:45:47
Does the pleasure you derive from sex come from sex itself? No, the reason sex can bring pleasure is because it can temporarily quiet the mind for a moment.

The first step of the six
steps is actually very
simple, but achieving it

completely is not easy.
But the method of starting is very simple.

I'll post a clip of Lester Levenson (The Sedona Method) in the... way Summary in Part 2

"So, what do you need to do? I summarized it in the previous four days of the course. The first is that you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within yourself. That's Lesson 1."

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Lester Levenson (The Sedona Method)'s favorite is the fourth one.

Get everything you want by releasing it.

Why? It's simple. Freedom exists entirely without desire; if you still have desires, you are not free.

Can suppressing your desires make you completely desireless? No. It will only allow your desires to drive you at a subconscious level, making you loathe the world. This will lead to the more intense expression of those desires.

Therefore, you can only release them.
Write down everything you want, and
achieving all of it through release means
that you have everything.

Chaer Crystal 2020-12-09 22:48:06

Desire—Scarcity

Allow—already possessed, inherently
complete, manifesting at any time
(as discussed in the workbook).

Wind 2020-12-09 22:48:19

Suppressing
desires doesn't mean being
without desires. (2020-12-09
22:48:25)

@Wind , I'd like to ask what to do when I always feel like my mind is floating during release? And I easily get sleepy automatically.

Wind 2020-12-09 22:48:29

Feeling sleepy is normal
Because you want
to avoid the
feeling and not
have to expend
energy fighting
it.
When your mind starts to wander, you need to
release your desire to control it using the
simplest process.
That means you

want to control
and release it
again.
You might not be able to fully release the control you want in one go.

ZOEY 2020-12-09 22:48:33

@Wind, during the process of releasing goals, I discovered a stage where I no longer desired the goal itself. I realized I just wanted security, so I released it. It seems I no longer care whether the goal was achieved. At this point, is it still necessary to pay attention to whether it was achieved? Must I release it until it is achieved? (I no longer need this goal, do I still need to release it?)

Wind 2020-12-09 22:48:44

Therefore, you need to release
your desire to control it
several times until you are
completely certain that it has
been achieved.
The greatest benefit of target release is not the target itself.

There are only six steps. I won't say anything new; anything outside of those six steps is leading you astray.

This perfect map

Zizai 2020-12-09 22:48:52

@Wind , is it true that Xing's successful release requires her to move according to her mood? Is "up " the standard?

风 2020-12-09 22:49:07
是的
目标释放的最大作用不是目标本身，是让你明白你是物质的主人
你得证明给自己你有那个能力
如果你真的不想要这个目标了，那就换一个你真的想要的但你得实现它
，不能一再拖延
不能让失败成为常态
你可以就自己现在最想要的事物去释放获得它
然后你就会发现，它并不能带给你快乐你继续向前走
，再释放一个新的目标 你就会发现，
这里面也没有快乐
最后，你就只剩下一个方向了，那就是自由
为什么要这样做？因为你现在只是理论上知道快乐的来源，而不是真正的体验
在你真正体验到之前，哪怕你再怎么喊自由的口号，你的行为会背道而驰
越释放越感觉到阻碍，这是正常的。你越往深处走，越会碰到一些顽固的程序

这时候，只要记住六步骤，把每一次释放当成第一次释放就可以了任何感受都只
是感受而已
是的，去体验，用莱斯特最喜欢的那个教导

ZOEY 2020-12-09 22:49:57

This inspired me.

Yan 2020-12-09 22:50:10

Yeah, releasing this feeling I don't want to release, this feeling of regression.

(2020-12-09 22:50:14)

get everything by releasing only

ZOEY 2020-12-09 22:50:21

Put aside all the thoughts in my head about figuring things out (and trying to control them) . (2020-12-09 22:50:30)

Shouting slogans about wanting freedom won't work.

Because if you see attractive people of the opposite sex, delicious

food, nice houses and cars, or even interesting videos, you'll still be drawn to them.

Want to know why you're drawn in? Because on an experiential level, you believe there's pleasure in it. Repeating the theory a thousand times in your conscious mind won't actually change your mindset.

But if you truly discover that the source of all happiness is one thing (when your mind is quiet, your infinite existence manifests)...

(Some parts were exposed)

Then you will change direction. Therefore, Lester believes the most practical way is to obtain everything you want through liberation. Why? Because you live in desire.

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this will keep you constantly releasing stress
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Until your release all that at you want to or release
Only by releasing

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She needs to go out and find a job, go to an employment agency; she can't just sit and wait for her fate.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!

A: She would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to act. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you have activated your infinite power, your true self. Nothing can stop it!

But at the same time you have to struggle to get some action.

Q: At the same time, you also need to take action.

Lester: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!

A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will. Nothing can stop it, because omnipotence has been activated!

Lester's point was radical; he meant that simply by releasing yourself, locking yourself in a room, would actually...

now

Therefore,
paying
attention to
this point is
unrelated to
action.
You don't need to consider the specifics of how to take action at all.
When you find yourself considering action, notice that your feeling is still "I don't have it," and continue to release that urgency—just do it, don't procrastinate . ●

ZOEY 2020-12-09 22:52:00

The stubborn emergence of a "don't believe in free lunches" mentality, even doubting the release method, is it an attempt to release the desire to control this doubt ? This is a major stumbling block for me; I can't proceed from here. @风

Wind 2020-12-09 22:52:11

It's just a feeling, isn't it?

ZOEY 2020-12-09 22:52:14

Yes, doubt—fear
Thank you! [clasped hands][clasped hands] It's all just a feeling... @风风2020-12-09 22:52:19

Your God is yourself

释放最表面的 接着下一个感受会浮出 你只要不停释放就能释放干净

When you're struggling to decide which one to release , you can actually release them all at once.
It's feasible; Lester Levenson (The Sedona Method)
's students, Hale and Stephen, both used this method
to gain their wives' approval. All their feelings
stemmed from a desire for control and validation.
They are all driven by the desire to survive.
So, in the simplest terms, all three are present.

Purple2020-12-09 22:52:48

Okay, I'll try.

(Luo Wanyu, 2020-12-09 22:52:51)

Freedom is achieved through liberation; this is the only way.

2020-12-10 Stuck: First, face the feeling of being stuck, then release the desire to change it.

Wind 2020-12-10 16:28:00

I'm not the group admin; you can tag me if you have any questions .

Change my
name Rong 2020-12-10
16:28:15
@Teacher Fengfeng, why is it so difficult to successfully release the virus? Getting it once a day is considered good. (Feng, 2020-12-10 16:28:50)
Didn't the six
steps go through? (Rong,
2020-12-10 16:29:32)
I don't think I'm
stuck either. (2020-12-10
16:29:54)
If it can't be
released, isn't it just stuck?
(Rong, 2020-12-10 16:32:00)
Implement the six steps! (If you don't have 6...
)I couldn't get it to work even once. [wiping sweat]
2020-12-10 16:36:15
Do you want
to be free? (Rong,
2020-12-10 16:36:19)
think
Wind 2020-12-10 16:40:18
Wanting to release but unable to, that's being stuck.
You might not be able to release
all the control you want in one
go, so release it several times.
It's stuck, I want to control the stuck state.

Free Life 2020-12-10 16:38:12
@Teacher Feng, can I release
the energy to treat my bad teeth? Feng
2020-12-10 16:38:27
I'll answer these kinds of questions all at once.
Lester said that every impossibility, no matter how impossible, becomes possible once fully unleashed; the answer to such questions is always "yes."
This is just a
feeling; all
feelings can be
released.

Hong 2020-12-10 16:38:34

@Wind I'm able to release some of my emotions now. But the pressure from real-world problems just won't go away; I feel so suffocated.

Lishan Da.

Wind 2020-12-10 16:38:46

Isn't that a feeling too?

It's the same feeling, there's no difference.

The same feeling, the same

process of releasing macros 2020-12-10

16:38:47

Yes, but why can't I

release it? (Wind, 2020-12-10 16:38:50)

Step 5

If it can't be released, it's stuck ; step five will solve that.

So there's not much to say. Introducing too many new things will only lead people astray from the perfect six-step map.

Go go go!

The era of the Internet of Everything 2020-12-10 16:38:57
@Wind The reality hasn't
changed, so it hasn't been released,
right? Wind 2020-12-10 16:39:02
Seeing that reality hasn't changed, do you
suddenly feel uncomfortable again? That means
you haven't released your pent-up emotions.
Nothing [Sun] 2020-12-10 16:39:15
So, it means you need to have the intention to
release it; if you can't release it, then you're stuck, right?

嗯，你决定去释放，结果感受不离开这就是卡住
为什么会卡住？这只是个很正常的程序而已想要控制就会卡
住
一旦卡住了，你就要释放想要控制，而不是用力地想要越过这个卡住的感受不要用挣扎的方
式来做释放
释放是轻松的、简单的，不需费力用第六步来核实
你的释放
要先面对这个卡住的感受然后释放对它的
想要改变你马上就会感觉
更好
多释放几次，这个“卡”就会自然通畅也都会“更”愉
悦
不管怎么样，会比刚才更好

(Wind, 2020-12-10 16:39:16)

Nothing [Sun] 2020-12-10 16:40:41
Each time I release, I feel a little
better than before [grinning face] Wind 2020-12-10
16:40:52
certainly
release three wants only
Releasing only
three is the
fastest way.
You just said so much, it was all about feelings.
All these feelings stem from a desire for control

and validation, and at the most basic level, a desire for safety and simplicity.

Hong 2020-12-10 16:41:03

@Can one truly achieve everything simply by letting go? For example, if I quit my job, can I still live simply by letting go?

Abundance Wind 2020-12-10 16:41:09

Verify this for yourself

This is nothing; there are things a
million times greater to do, to
seize all the benefits.
Complete the entire route

December 10, 2020: Have you followed these six golden steps every time you release something ?

Qingxi, December 10, 2020 18:08:17
@Teacher Fengfeng, do you follow the six golden steps every time you release a skill? Do you do this for every release?
@Wind , am I completely wrong in my understanding? If so, why didn't those video courses from 1992 demonstrate this in their release exercises ?

Wind, December 10, 2020
18:08:29
No need for this
The six steps are a map
Make sure you are in the six steps.
[Chat Log: Lester has also explained in
detail that there are two driving forces
for growth regarding your question.]

For specific methods, refer to several guidelines from Lester Levenson (The Sedona Method) .

So, what do you need to do? I summarized it from the previous four days of the course: First, you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Qingxi, December 10, 2020 18:09:14

Oh, so those six steps exist like the background of continuous release and startup, right? (Wind, 2020.12.10 18:09:41)

His favorite is the fourth one.

你想要自由吗？你做出自由的决定，然后你就开始释放了释放你的想要控制和认同，持续释放
当你卡住时，释放对它的想要改变 每一次释放，都会让你更快乐和轻松六步骤就是一切了
释放法没有更多的东西

Qingxi, December 10, 2020 18:09:59

Psychologically, I've always been clear that I want freedom more than I want the world; this has been the driving force behind my continuous learning and growth—the desire for liberation and freedom. However, in practice, when it comes to releasing, I sometimes resist, avoid, or stagnate, and sometimes I even forget to release.

Does this mean that it's just a matter of mentally understanding the desire, without an inner genuine desire for liberation, freedom, and transcendence from the world? What I mean is, simply having a clear mental understanding that one desires freedom more than the world isn't enough; it requires frequent...

The true motivation for sexual release lies in guiding the release through the first step of the six-step process. Right? @

你得体验到
最好的一个做法就是通过释放获得一切
否则你永远会保留从世界中的其他事物上获得快乐的可能性
如果你不能体验到一切快乐的来源都来自内在，你就没办法完全达成第一步喊口号是没有用的

2020-12-11 Wind and Nature — Knowledge can't replace the path you've actually walked.

Tiancheng 2020-12-11 00:53:02

Why did you tell me so much? (Wind, 2020-12-11 00:53:14)

Because you asked these questions

2020-12-11 00:53:31

Ask, and you will find the answer.

However, knowing these things doesn't mean you'll go further than someone who doesn't. (2020-12-11 00:56:03)

I still want to issue a warning.

Knowledge can't replace the path

you've actually walked. (Tiancheng, 2020-12-11 00:56:50)

Um

Four guidelines issued on December 11, 2020

Wind 2020-12-11 20:48:10

existence when he arrived there.

Therefore, whether or not you know the concept of Samadhi does not affect where you are.

What I have repeatedly emphasized is that the complete attainment of the first step of the six steps of "Nabhikāpa" Samadhi is because it is only fully attained at the moment of contact with infinity.

This is not the first time I've encountered infinity.

The first encounter with infinity is most likely the "Sabikkapa" Samadhi because the seed is still in effect.

By continuously releasing and connecting with the infinite, you'll suddenly realize that those seeds no longer work, and all your motivation to seek happiness elsewhere disappears.

Because you've discovered the sole source of happiness on an experiential level, the seed will no longer be effective.

Unless you come into contact with infinite consciousness, you will always feel that there is happiness in the world. As long as you feel that there is happiness in the world, your direction may turn towards the world again. It's that simple.

So, what do you need to do? I summarized it from the previous four days of the course: First, you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do

afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Wind 2020-12-11 20:54:51

Find all happiness within yourself.

To achieve this completely is to attain the Samadhi of "Nebikapa".

Roller 2020-12-11 20:55:32

We can never become infinite beings, because we already are infinite beings. We simply need to release the belief that we are not infinite beings, the belief that we are merely a body and a mind. First and foremost, we need a strong desire, a desire to return to our infinite being.

But, as he said, we don't want it. If we really wanted It, we would have It. There is a difficulty, of course, and what is the difficulty? It's the habit; it's the unconscious habitual thinking; it's the mind. So we attack it by attacking this unconsciously very-thinking mind. The mind is the only cover over the infinite Being that we are. We must stop thinking long enough to see what we are, and that "long enough" can be just one unlimited state of no thinking.

But, as he said before, we don't want it. If we really wanted it, we would have it. The difficulty lies in inertia, in the unconscious habitual thoughts of our minds. The mind is the only obstacle obscuring infinite existence. We must stop thinking to see our true nature. Even just stopping thinking for a second (thinking includes unconscious thinking) , the immense impact and release of seeing our true self, will allow you to use your infinite power to burn away the mind. Every time we enter the infinite state of no-thought, we also burn away much of the mind in an instant.

Wind 2020-12-11 20:55:40

Lester's words were so ordinary that people overlooked their meaning. What was the significance of Lester's statement?

I am Infinite 2020-12-11 20:56:48

@Roller , you posted "The Ultimate Road to Freedom" (2020-12-11 20:56:53)

Of course, this is 早a period of instruction. At this point, he was mainly teaching how to ask questions during

meditation. His method was to allow you to connect with your infinite existence.

I will further explain this state.

Before you completely release your mind, you will have a preview of infinite existence. (2020-12-11 20:58:39)

In other words, although you haven't completely released the entire mental process, there will be moments when the mind retreats to the background. At these times, your mind is completely still, temporarily.

So at this moment you can experience the infinite existence, and have a preview of it.

This can greatly increase your yearning for freedom.

Because you'll find that whatever you gain in this world can't compare to even a fraction of that happiness. Every moment in this world feels like torture compared to that state.

Your release after this is different; I'm referring to the "Nebikapa" Samadhi.

If you reach the "Sabikkapa" Samadhi, the experience is actually the same as the "Nebikapa" Samadhi; both involve contact with infinite existence.

But the seed still works.

Even though you know that state exists, the world still holds an allure for you.

But the moment you reach the "Nabhikāva" samadhi, those seeds suddenly lose their power and then begin to release, becoming very different.

You no longer need to remind yourself of the six steps because you're already in the first step.

Every decision you make naturally leads to liberation and you just can't stop.

Moreover, they will frequently enter Samadhi and frequently come into contact with infinity.

Each time, it takes away so many of your desires. (Minnie, 2020-12-11 21:08:31)

Anytime, anywhere? (2020-12-11 21:08:43)

One decision is all it takes to get in.

As I mentioned before, there are methods to achieve "Nabhikāpā" samadhi, but one's habitual tendencies will be somewhat diminished, thus requiring more time to release "karma."

Lester spent three months on the path of intellect yoga.

The process involves exploring methods for release.

If one doesn't use the release method and simply tries to burn away karma by entering infinity, it will take much longer. The spiritual community likes to use the term "post-enlightenment practice."

Understanding and maintaining awareness, and practicing accordingly—this is actually a concept from Zen Buddhism, because Zen is an intellectual method, so it requires maintaining awareness.

You need to use infinite awareness in every

aspect of life to correct your habits and

realize that you are not the actor.

Rather, it is your infinite existence that is manifested through what you are doing.

This process is the release of "karma".

The release of "karma" only occurs when

you realize that you are not the actor,

and cannot happen through the action

itself.

Many of them take "Sabikkapa" samadhi as enlightenment.

Or many people haven't even achieved the "Sabikkapa" Samadhi.
Roller 2020-12-11 21:23:34

Only those who have truly
attained sainthood are enlightened.
(2020-12-11 21:23:36)

certainly

Buddhism makes a more accurate distinction in this regard.

Before reaching the Flowing Fruit stage,

regardless of one's level of supernatural

powers, one can only remain a mortal

within the realm of mortals.

After the pre-stream, comes the stream of saints, the holy disciples.

The beings in the Desire Realm, the Form
Realm, and the Formless Realm are all ordinary
beings. (Minnie , 2020-12-11 21:27:35)

Is it difficult to achieve Samadhi without seeds
through the implantation of belief alone? @风风2020-12-11
21:27:47

It's completely impossible, not just relatively difficult.

Now, any answer the mind can give us must necessarily not be it because the mind is an instrument of Limitations. All thoughts are qualified; all thoughts are limited. So any answer the mind gives cannot be right. The way the answer come is

simply by our getting out of the way the blindness that we have imposed upon ourselves by assuming thoughts that we are a thinking mind body. When the thoughts are quiet, the limitless Being is obvious. It's Self-effulgent; its there all the time; its just covered over by thought concepts, every one of which is limited.

The answer any mind can give us is certainly not it, because the mind is a limited instrument. All thoughts are incomplete and limited. Therefore, no answer given by any mind can be correct. The answer arrives simply by avoiding that blindness—the implication we impose on ourselves by assuming we are a combination of a thinking mind and body. When thoughts subside, infinite existence becomes apparent. It shines on its own; it is always there, only obscured by limiting thoughts.

That's all.

Wind **2020-12-11 21:30:32**

Belief implantation is completely ineffective.

The translation of "starry sky" has caused a great misunderstanding.

Lester: It is necessary in the beginning and it also makes for rapid progress. Later, after much progress, you can will it out. There are basically two ways of growing: one is eliminating the mind the subconscious; the other is putting in the positive, seeing who and what you are.

A: It's necessary to do this from the beginning; it will allow you to progress rapidly. Then, after making some progress, you'll be even more motivated to do it. There are two paths to growth :one is clearing the mind, the unconscious, and the other is planting positive thoughts, seeing clearly who you are and what you are.

Wind **2020-12-11 21:31:36**

This is a translation of a passage from Starry Night's "The Road to Ultimate Freedom".

the other is putting in the positive, seeing who and What You are.

Can this be translated as

"implanting positive thoughts"?

The word "enlightenment" is too

broad.

So I usually don't use it.

Many people use it to explain all sorts of states.

Replacing one belief with another is pointless. (December 11, 2020)

Wind 2020-12-11 23:31:20

I also told him that Eckhart hadn't awakened, and his methods couldn't awaken the light either. (2020-12-11 23:31:21)

The one from "The Power of Now"? He's not awakened; his method is wrong.

Roller 2020-12-11 23:31:32

His method is suitable for
continuing to pretend to be asleep
[smirk] Feng 2020-12-11 23:31:36
Let me put it bluntly. For example, the currently popular
"A Course in Miracles" is a deceptive claim by higher
spirits that Yogananda is Jesus's spokesperson, sent by
"Babaji" and Jesus.
Jesus did not spread his message through spiritual communication.
Jun 2020-12-11 23:31:45
Yang Dingyi,
Yang Yuanning? (Posted
2020-12-11 23:31:56)
Including many methods available on the market, if you ask me, I will
tell you directly.

They are not masters

Jun 2020-12-11 23:31:58

Enlightenment?

Wind 2020-12-11 23:32:02

Yogananda has stated that he is the last guru.

Therefore, there is a very simple inspection method.

After him, none of the popular mentors were true masters.

You don't need to believe what I'm saying, because replacing one belief with another is pointless.

Jun 2020-12-11 23:32:06

It can only be said that the knowledge they spread is helpful for our spiritual practice, not for achieving freedom. (2020-12-11 23:32:13)

Once you attain the Samadhi of "Nebikapa," you will know all of this, including what high-level texts of "A Course in Miracles" are.

The spirit is fooling people

Roller 2020-12-11 23:32:19

[picture]

Bethlehem Star 2020-12-11 23:32:24

Those high-level beings are organized into a system.

Not only did he study A Course in Miracles, but he also studied other materials.

Roller 2020-12-11 23:32:36

We were all there to verify . (2020-12-11 23:32:43)

Jesus tells you in the Bible that there will be countless false prophets in the future, so maintain the spirit of the Buddha.

Roller 2020-12-11 23:32:51

[picture]

Wind 2020-12-11 23:32:59

To verify and explore

I'm not saying this to start a conflict, but rather to prevent you from wasting your energy on pointless endeavors and trying to reconcile the views of so-called "masters" and "pseudo-masters."

Force 2020-12-11 23:33:08

What are the motives of

these high-level beings? (Posted by Malicious Wind, 2020-12-11 23:33:19)

> Because they are fundamentally different, even if their teachings contain similar elements.

Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled,-until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you something, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. The truth is the same everywhere.

Reason permeates the entire universe

Force 2020-12-11 23:33:36
Is this just a ploy to fool people?
(Guangming, 2020-12-11 23:33:42)
What are these high-level beings? (Xin Chang, 2020-12-11 23:33:51)
Are there any enlightened masters still alive in China today? @风风 2020-12-11 23:33:58
Astral body
I won't elaborate on this issue, and if you believe me, this is about replacing one belief with another, which doesn't help at all.
Force 2020-12-11 23:34:01
How many people have fallen into this trap! Is it karma?
(2020-12-11 23:34:06)
To achieve freedom requires a strong sense of self-reliance. (2020-12-11 23:34:09)
Does it have to be fun for people to try all the wrong things?
(Guangming, 2020-12-11 23:34:13)
Gao Ling himself hadn't achieved anything, otherwise he wouldn't have been fooling people.
Roller 2020-12-11 23:34:21
[Chat Log]
purple[13] ins Wind field layout 2020-12-11 23:34:24
The methods in *A Course in Miracles* seem to me like they're trying to improve one's eyesight.
Roller 2020-12-11 23:34:32
Don't believe what Buddha, Jesus, Lester Levenson (The Sedona Method) , or even the wind says, until you prove it all .

Build your belief on your experience of release.

Wind 2020-12-11 23:34:42

Yes

Roller 2020-12-11 23:34:46

This is what truly belongs to you.

purple¹³ ins Wind field layout 2020-12-11 23:34:57

No matter how you edit it, if the negative (all the repressed feelings) isn't released, it's all in vain. (2020-12-11 23:34:59)

False gurus and those who intentionally play the role of God carry a heavy burden of karma, so there's no need to attack them. However , it's important to take things one step at a time and walk this path out of poverty.

Very few people can truly be free, because most people simply want a better life, but the path is fraught with temptations, requiring keen insight and unwavering resilience.

Jun 2020-12-11 23:35:04

Wind, what made you reach the end?

Roller 2020-12-11 23:35:06

[picture]

Jun 2020-12-11 23:35:11

It feels so easy to escape the wind. (2020-12-11 23:35:12)

Six steps

purple¹³ ins Wind field layout 2020-12-11 23:35:18

As Lester said, if you're only releasing things to feel good, you won't make progress.

Roller 2020-12-11 23:35:23

Use the results of your release to verify.

Don't you want to feel even better? [smirking] Always better, better than ever.

I have a great longing for this.

[picture]

purple¹³ ins Wind field layout 2020-12-11 23:35:34

Good can be better

Roller 2020-12-11 23:35:37

Everyone's seen this, right?

The issue of efficiency (December 12, 2020)

Wind 2020-12-12 22:43:12

This is a matter of efficiency. (Feng, 2020-12-12 22:44:26)

[Group chat history]

【

Enjoy the music:

@Wind: When releasing feelings of despair and sorrow, should I use the emotion release process or the desire release process? I feel that the emotion release process is more effective than the desire release process.

wind:

If you're familiar with it, that's perfectly normal.

】

Wind 2020-12-12 22:44:50

Refer to

the wind 2020-12-12

22:45:05

Basic desires drive emotions; nine emotions drive hundreds and thousands of feelings; feelings drive tens of thousands of thoughts. (2020-12-12 22:46:10)

The desire to survive is the root, the desire for recognition and control is the trunk, emotions are the branches, feelings are the twigs, and thoughts are...

Leaves

If you cut leaves one by one, how
long will it take? So it's all
about efficiency.
Lester says that releasing nine categories of emotions,
such as releasing fear, will take thousands of
lifetimes—it's just one emotion.
If you release your thoughts, you will
create a perfect map multiplied a
thousand times over.
If you change even a
little, you can't
freely implement
what you want to be
free.
It's that simple.

Releasing emotions is also helpful; the three major desires are even more effective.

Do you feel like you want control or you want approval right now?

Wind 2020-12-12 23:02:24

Can I allow myself to become
more aware of it? Can I let it
go?
How many seconds does it take to say these few sentences?

Liz Zhang 2020-12-12 23:09:51

I always feel that I need to take certain actions to achieve my goals, but it feels like a desire for control.

LizZhand 2020-12-12 23:09:56

But it can't be released.
So they went ahead and took action anyway.
This makes me unsure whether
to take action or not. @Wind

Wind 2020-12-12 23:11:10

No impact
Do not stop
releasing; it
will not
affect
anything else.

Liz Zhang 2020-12-12 23:11:15

good.

Wind 2020-12-12 23:12:20

That is to want to control

Because when you can't recognize it, you want to recognize it.

To identify is to want to figure out, wanting

to understand this is what it means to want

to control

2020-12-12 Don't exert effort, just be aware of your most superficial feelings.

Wind 2020-12-12 12:00:14

The "Babaji" lineage has more than three branches,

as it has existed for a very long time and some

lineages are quite niche.

Wood 2020-12-12 12:00:15

I don't need to consciously realize that I constantly crave a sense of security. (2020-12-12 12:00:17)

Release directly using the process

If you feel it, don't suppress it. In this era of the Internet of Things (2020-12-12 12:00:25)

Seeing Teacher Feng is like seeing hope . (2020-12-12 12:00:34)

Just try to feel your own hope; don't try to force it.

Be aware of your most superficial feelings . (2020-12-12 12:00:49)

The instructor made me focus on this feeling . (2020-12-12 12:00:55)

Sensation center

Your feelings are what happened here. (Unintentional, 2020-12-12 12:00:58)

I watched the video and saw Haier gesturing to indicate the center of sensation, but when I saw the high-ranking leader, I felt extremely uncomfortable , and the sensation at the center became even less pronounced. I felt lost and didn't know what to do. Had this sensation already radiated outwards? In such situations, should I repeatedly recite the three sentences of the procedure?

Wind 2020-12-12 12:01:04

You've already felt the emotions, right?

Use the process to release them directly.

No need to repeatedly recite "Ultimate Freedom" (2020-12-12) 12:01:07

Releasing desire only requires asking, "Can you let it go?" The following two questions are not necessary. This is for...

What is it?

Wind 2020-12-12 12:01:11

Because once you become aware of your basic desires, letting them go is your natural inclination. When you suppress them, they bind you at the most fundamental level.
When you allow it to surface, it will leave very naturally.

Ultimate Freedom 2020-12-12 12:01:19

Most of the time, I stubbornly cling to my desires, trying to control or accept them, unwilling to let go. I want to change. Later, when I try to control them, I ask myself if I can let go of this desire to change and leave. Deep down, I'm unwilling to let go; it's more like I'm unwilling to release, but not that I can't. When I ask myself if I can, I struggle with whether it's truly impossible or just unwillingness.

Wind 2020-12-12 12:01:28

Note that Lester used the same word to describe the desire for control and the desire for identification—two fundamental feelings.

(basic) (feeling)

Ultimate Freedom 2020-12-12 12:01:32

When I feel unwilling to answer the "can I" question, I tend to avoid it because I feel I need to answer to release my emotions. If I'm unwilling to let go, how should I answer the "can I" question? Even though I can't let go for now, is it okay to keep answering based on my true feelings?

Wind 2020-12-12 12:01:44

to control and identify with your thinking beyond your feelings , br o ● Face this feeling directly Allow it to surface Then simply let it go . (2020-12-12 12:01:48)

I just tried the process, and my arms are still shaking a bit. How do I use the emotion chart without looking it up? I know the feeling is fear, but I just don't know how to use the emotion chart. Besides knowing how to look it up, I can't seem to release the emotions upstream; I've only learned to release the immediate feeling.

Wind 2020-12-12 12:01:50

The mood chart is an aid. You just need to know that feeling is fear . (Wu Xin, 2020-12-12 12:01:53)

This time I learned about it. (2020-12-12 12:01:59)

After using it a few times, you'll know for sure and you generally won't make mistakes in your judgment.

You are fear Anger or sorrow I can still make my own judgment, right? Too subtle to judge That table can Help you distinguish

Wind 2020-12-12 12:02:03

You can find descriptive words for any feeling below. Then you know which emotional state it is; this is about going back to the source. You need to quickly learn to

directly release the three desires.

Wind 2020-12-12 12:02:14
"It will take a month, maybe two months, before you release all the agflap. But all in all, I think we have the only way to release the mind by bringing the subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then when you release the desire for security, you release all the desire for recognition and control, and everything beneath them. You are now...

You're at such a low point that you can't even begin to strive for safety. You're overwhelmed, terrified of death, and so you let it control you. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

This is a translation of a late
Lester audio clip; its emotional
release efficiency will take you
thousands of lifetimes.
The true application of the release method lies in releasing desires.

Wood 2020-12-12 12:02:56
I just have a bit of a
feeling of wanting to have no
feelings . (2020-12-12 12:02:59)
Therefore, it is
in six steps . (2020-12-12
12:03:04)
For example, I can feel
sadness. (2020-12-12 12:03:12)
Step 3 of the
six steps (2020-12-12
12:03:16)
It seems like the mind
has discerned the wind. (2020-12-12
12:03:20)
The six steps are to create a complete map.
In fact, wanting is
also a feeling . (2020-12-12
12:03:25)
Should we also look
between the chest and abdomen?
(Wind, 2020-12-12 12:03:37)

The problem today is that those accumulated, subconscious programs are too heavy and too extreme; we are simply overwhelmed by them. We need a very efficient way to eliminate them.

This is a very efficient method, and it's a very simple method. We have the complete picture, the mindset and feelings you have to work with. We have the

diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by fewer, more fundamental feelings we call emotions? How are these emotions encompassed by two fundamental feelings (the desire for control and identification)?

We attack them, and we can eliminate all sensations! It's so basic, therefore extremely effective.

Wood 2020-12-12 12:03:44

Can desire be felt at the heart chakra? (Posted by Feng, 2020-12-12 12:03:50)

This is something Lester 早himself talked about when sharing the release method with his students, referring to the desire for control and the desire for identification, which he called the "basic feelings."

Wood 2020-12-12 12:03:54

Understood

Wind 2020-12-12 12:03:56

certainly
Release the most obvious
Actually, if you truly release your desires, the moment you allow them to be noticed, you'll immediately have a tendency to let go. So the answer isn't really a problem.
If it doesn't leave, then it's stuck. You can use step five to resolve this; release is an experiential process.
To teach someone the release method, it's best not to instill too much theory in them; simply have them follow along with a guided video.
You can learn it in a few minutes
This is also how the course is presented.

"But as you can see, our approach is actually about unleashing the mind's drive. Don't try to develop your mind; by doing so, you are developing your enemy, developing what binds you."

What happens when the mind is completely still? Well, I've always been omniscient; I've always known everything. But you have to release the habits you use to survive 24/7; we call it agflap .

Lester also mentioned that they shouldn't be mixed up.
"Everyone is combining other things with release, and when you do that, you slow down the release. If you need something else, you slow down the method."

The era of the Internet of Everything 2020-12-12 12:05:18
I suddenly don't want others to know about my thoughts on the Release Method. (2020-12-12 12:05:50)
You can directly tell that this is an attempt to control the era of the Internet of Everything. (2020-12-12 12:05:52)
This is an attempt to control the wind. (2020-12-12 12:05:56)

release it

come on

Huixuan 2020-12-12 12:06:04

@How to completely destroy my wind control

2020-12-12 12:06:09

release

Huixuan 2020-12-12 12:06:12

How do we become aware of it?

(Wind, 2020-12-12 12:06:15)

Just let your feelings flow.

Sense of self of The ego is not something outside of the three major desires. The six steps continuously release the three major desires.

That's it

Huixuan 2020-12-12 12:06:19

@The wind doesn't need to be deliberately released, right? Wind 2020-12-12 12:06:23

Every time you release, you are releasing your sense of self . only three wants to release only the three major desires

Freedom can be achieved without anything beyond the six steps. (Hui Xuan, 2020-12-12 12:06:37)

Oh, I understand, thank you.

@Is the wind always unable to release its full potential because it's always stuck on basic desires? (Wind, 2020-12-12 12:06:47)

It's because basic desires haven't been released or are stuck.

Or perhaps there was no sustained release of information. (Huixuan, 2020-12-12 12:06:58)

Aren't basic desires just surface emotions?

December 12, 2020: It would take hundreds or thousands of lifetimes to clear away just one type of emotion.

Sui Le 2020-12-12 21:50:32

@Wind , when releasing feelings of despair and sorrow, should I use the "Emotional Release Process" or the "Desire Release Process"? I feel that the "Emotional Release Process" is more effective than the "Desire Release Process".

Wind 2020-12-12 21:50:42

If you're not familiar with it, that's normal;

just practice

more.

Releasing desires is

much simpler and faster. (Sui Le,

2020-12-12 21:50:51)

However, the process of releasing desires often leads to getting stuck, while the process of releasing emotions goes very smoothly.

Vian 2020-12-12 21:50:57

@Wind , can the release of desires only be achieved by releasing feelings, and not by releasing desires? Wind 2020-12-12 21:51:12

sure

Releasing your emotions will keep you on the surface.

Vian 2020-12-12 21:52:01

Thanks

Wind 2020-12-12 21:52:02

"It will take a month, maybe two months, before you release all the agflap. But all in all, I think we have the only way to release the mind by bringing the subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them. You're too low right now to attack the desire for security. You're overwhelmed, you're terrified of death, so you let it operate on you. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

This is a translation of a late Lester audio clip.

Sui Le 2020-12-12 21:52:18
Okay, that's how
it is. [Rose] Wind 2020-12-12
21:52:37
Releasing it deeper will definitely cause it to get stuck.
Only by confronting this blockage can you release it.
Use step five to release your desire to change it. If
you bypass it, it will continue to operate internally.
You might feel great every day when you release your
emotions, getting high and then coming down again , but
because your basic desires aren't being released, these
emotions keep re-emerging.
Simply releasing emotions requires
countless lifetimes to clear away a
single type of emotion; superficial
release is inefficient.
Sui Le 2020-12-12 21:52:46
Yes, I initially thought the feeling of being
stuck was because my emotions hadn't been fully released.
(2020-12-12 21:52:59)
Only by releasing your desires can
you reach your goal within a month.
Don't be afraid of getting stuck;
face it.

Luo Wanyu (Yu) yù 513 2020-12-12 21:53:06

Therefore, releasing desires is simpler and more efficient.

Vian 2020-12-12 21:53:14

Does releasing desires reduce AGL's emotions significantly? I've found that releasing emotions often leads to a rebound [facepalm].

Wind 2020-12-12 21:53:18

If you release the desire for control, then all the agflaps that arise from that desire for control are also released; the same applies to releasing the desire for acceptance. release the desire for identification and control, as well as the agflap attached to them.

Let go

Luo Wanyu (Yu) yù 513 2020-12-12 21:53:24

@Wind feels relaxed and joyful after successfully releasing desires in a certain situation. Why, after a long time, does the urge to control oneself again in the same situation drive one to the brink of madness? Is it because the desire wasn't fully released?

Wind 2020-12-12 21:53:36

Hmm, not completely released.

release when high

Jackfruit 2020-12-12 21:53:41

Can releasing desires

be done using a three-question

question? (2020-12-12 21:53:52)

When you're relaxed and happy, continue to

release, continue to dig. down D 2020-12-12 21:53:59

To release desires,

simply ask if you can? (Wind,

2020-12-12 21:54:11)

Releasing desires doesn't require three questions.

Because it was released in the very first sentence, even before the first question was asked.

D 2020-12-12 21:54:14

If it gets stuck, ask if it's possible

to let "want to control" leave the jackfruit.

(2020-12-12 21:54:29)

May I ask?

(Wind, 2020-12-12

21:54:35)

If you didn't release the first

command, it means you're stuck. At

this point, you need to release it

to regain control.

D 2020-12-12 21:54:55

The one that's stuck

must be trying to control the

mischievous jackfruit. (2020-12-12

21:55:31)

But I can't feel the

release. (2020-12-12 21:55:35)

Instead of returning to the

three questions about releasing emotions,

[this is from] Jackfruit 2020-12-12

21:55:42

OK

D 2020-12-12 21:55:53

我在试图把你从幼儿园提升到研究生水平。
——莱斯特

2020-12-12 Desire Release Process

Wind 2020-12-12 23:02:19

```
你现在的感受是想要控制还是想要认同？能够允许自己更
                多地觉察到它吗？
能够放它离开吗？
```

2020-12-12 will definitely cause it to get stuck.

Sui Le 2020-12-12 23:15:16

@Wind , should I use the emotion release process or the desire release process to release feelings of despair and sorrow? I feel that the emotion release process is more effective than the desire release process.

Wind 2020-12-12 23:15:27

If you're not familiar with it, that's normal; just practice more. Releasing desires is much simpler and faster. (Sui Le, 2020-12-12 23:15:49)

However, the desire-release process often leads to getting stuck, while the emotion-release process goes very smoothly. (2020-12-12 23:15:56)

Releasing your emotions will keep you on the surface. "It will take a month, maybe two months, before you release all the agflap . But all in all, I think we have the only way to release the mind by bringing the subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them. You're too low right now to attack the desire for security. You're crushed, you're terrified of death, so you let it operate on you. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

This is a translation of a late Lester audio clip.

Sui Le 2020-12-12 23:16:08

Okay, that's how it is. [rose emoji]

风 2020-12-12 23:16:15
往深处释放肯定会卡住
面对这个卡住，你才能释放它，运用第五步释放对它的想要改变如果你绕开它，
它就一直内在运作你

Ruilan 2020-12-12 23:16:24

At first, I felt a strong urge to control things, but in the last few days, I've had a strong desire for validation. When I try to release this desire

风 2020-12-12 23:16:38

但是由于基本欲望没有被释放，这些情绪不断被重新发展出来

只释放情绪要花上成千上百世来清空一类情绪

在表面释放是低效的

随乐 2020-12-12 23:16:44

是的，卡住我还以为是释放情绪没有释放彻底的原因

风 2020-12-12 23:16:50

只有释放欲望才会让你一个月内达到终点
不要畏惧自己卡住，面对它

Luo Wanyu 2020-12-12 23:16:59
Therefore, releasing desires is simpler and more efficient. (2020-12-12 23:17:17)
Okay, let's use the desire release process [strong]
Ruilan 2020-12-12 23:17:30
Getting stuck like this is really uncomfortable.
D 2020-12-12 23:17:24
@Wind Sometimes, even the "desire to change what's stuck" can't be released. (Wind 2020-12-12 23:17:41)
We descend to the lowest point, which is where we are now, and then return to the highest point, where we can see our infinity again. But after this process, we have gained an active understanding of our infinity, whereas before it was a passive understanding.
It's something like this： "Perfect health" is a meaningless term to someone who was born perfectly healthy and stays that way all his life; he doesn't positively know what it is. And yet, it's a nice state when he's in it. But he's passively healthy; he cannot fully appreciate it. However, if he got very sick and was on the verge of dying for many years and then reestablished the perfect health state, then that perfect-health state would be far more meaningful to him than it was before he got sick. And this is the silly thing we do to ourselves： We go from infinity down to where we are and back up to infinity with a positivity of knowing the infinity that we are. But we pushed, on the way down, in a way that we lost sight of what we were doing. And if we look within, we'll discover this.

This is like how "perfect health" is meaningless to someone born with perfect health and who remains so throughout their life, because they lack an active awareness of it. Such a state is certainly good, but because it's passive health, they cannot feel gratitude for it. However, once they fall ill and linger on the brink of death for years, they are forced to rebuild their perfect health, which is far more meaningful than it was before they became ill. This is the foolish thing we do to ourselves. We come from infinity, then descend to where we are now, and then return to infinity with an active awareness of it. During this descent, we cannot see what we are doing; only by looking inward can we discover this.

Q： That's the first time I've heard a sensible explanation of the whole mess. First time it's ever been explained why we've been pulled down.

Sui Le 2020-12-12 23:18:50
@Wind When I use the desire release process, I feel energy constantly flowing out, but even after several hours, I can't completely release it. The same thing happens the next time I release it, and the feeling of wanting

to control it is still very strong. What could be the reason for this?
Wind 2020-12-12 23:19:04

The key test for
these energy
outflows is step
six.
After each release process, you feel
more joyful . (2020-12-12 23:19:10)

Never experienced pleasure

It feels like it's still releasing.

风 2020-12-12 23:19:17
释放想要控制，那么由想要控制发展出来的所有的 **agflap** 都被释放了释放想要认同也一样
释放想要安全，则会把它上面的想要认同和控制，以及它们上面的 **agflap** 都释放走

Luo Wanyu 2020-12-12 23:19:20

@Wind feels relaxed and joyful after successfully releasing desires in a certain situation. Why, after a long time, does the urge to control oneself

风 2020-12-12 23:19:24
嗯，没释放干净
当你轻松愉悦的时候，继续释放，继续 **dig down**
释放欲望是不需要三问句的
因为第一句就释放掉了，甚至第一句没问出来前就释放掉了如果你第一句没释放掉，说明你卡住了
D 2020-12-12 23:19:35
卡住一定是想要控制捣的鬼

Jackfruit 2020-12-12 23:19:44

But I can't feel the release. (2020-12-12 23:19:54)

At this point, it's necessary to release the desire to control Sui Le (2020-12-12 23:19:59).

@Fengtongyi, I've tried releasing this emotion several times but haven't felt any pleasure. There's energy flowing, but it doesn't seem stuck. Is it because I haven't been able to release it completely after several attempts?

Wind 2020-12-12 23:21:08

If you consistently lack pleasure, be aware that you're trying to control the situation without actually experiencing true release.

Don't use energy flow as the standard; use becoming more joyful as the standard.

Sui Le 2020-12-12 23:21:38

@Wind means that when I release it, I also want to control it, so it should be stuck, but there is still energy flow, which means that it is still

being released.
Wind 2020-12-12 23:21:45
Release is not based on energy flow . (2020-12-12 23:21:54)
Oh, it seems the wind is still stuck. (2020-12-12 23:21:57)
It makes you feel more relaxed and happy with each release. (2020-12-12 23:22:06)

风 2020-12-12 23:22:15
释放对卡住的想要控制

It's relaxing, but there's no joy in it. **@If** the wind is stuck, releasing it won't actually release it.

你在用力吗？在努力想要让它离开吗？这就是想要控制

Sui Le 2020-12-12 23:22:28

@Wind This situation has been going on for a long time, and it's just stuck here.

风 2020-12-12 23:22:36
觉察到它，你会马上释放掉 然后你再看看那个卡住的感受你可能还感觉卡住
那就继续释放想要控制
多释放几次，这个卡住就消融了

Sui Le 2020-12-12 23:22:48

It feels effortless and very relaxing.

Okay, let's continue. [roses][roses][roses]

@Feng now has a very strong awareness of what he "wants".

December 13, 2020: One day of continuous release is equivalent to 6000 years of meditation.

Qingxi 2020-12-13 00:11:12

Sometimes when I get stuck trying to release my desires, I try again and again, but I still can't release them. So I focus on feeling that feeling of being stuck and unable to release them, and then I release the emotion. Then the blockage is gone, and I can continue to release my desires.

Wind 2020-12-13 00:11:32

So you backed down?

The stuck state is a control program that's emerging, but you backed down.

Suppressing it back in won't help.

It seems that releasing your emotions has helped you overcome your blockage. (Qingxi, 2020-12-13 00:11:36)

But I can't seem to release it no matter what I do, what should I do? (Wind, 2020-12-13 00:11:49)

But that card just goes back into your subconscious and continues to

operate; you'll get stuck in the
same place again next time.
You can't solve problems
by running away - six
steps

Wood 2020-12-13 00:11:50

Teacher Feng, I clearly feel that my controlling nature is causing tension in my body. I can feel the stiffness in my neck, back, abdomen, and even my heart chakra, as if these knots are tied up. Can I release these knots?

Wind 2020-12-13 00:11:59

The six steps form a
complete map; what
you're describing
are bodily
sensations.

Wood 2020-12-13 00:12:12

Yes, I clearly felt the influence of the desire to control.

风 2020-12-13 00:13:05
要注意到想要控制的欲望本身这样你才能释放

Wood 2020-12-13 00:13:15

Release the desire for control

风 2020-12-13 00:13:29
释放不动是什么？ 卡住了。第五步轻松解决 不明显也是一种卡
，释放对模糊不清的想要改变
"去做，持续去做，当你卡住的时候，使用这个方法中的“怎么办”的流程，放开想要改变卡的感受的欲望。
如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。"

温习一下 **the way**

Lester Levenson (The Sedona Method) made it very clear. (Huixuan, 2020-12-13 00:13:40)

It just keeps releasing, and releasing, until finally it becomes indistinct. Is this what they mean by "fuzzy" or "unclear"? (2020-12-13 00:13:49)

Not obvious means blurry.

vague feeling

Huixuan 2020-12-13 00:13:50

It's not about releasing everything completely [facepalm]Wind 2020-12-13 00:14:12

Of course not

If you release it quickly, you will be in the cap

That was really high. Qingxi's experience (2020-12-13 00:14:19)

I feel that all along, when I try to release emotions, I've been doing so with a sense of control. When I'm in a state of tension and fear, that control becomes more pronounced and sensitive, almost turning into a resistance to release. It tightens the grip, making the release feel even more restrictive. Wind 2020-12-13 00:14:30

Therefore, you need to first release what you want to control.

Each release is effortless, requiring no effort whatsoever.

release take no effort

Huixuan 2020-12-13 00:14:51

The release method is very

simple; how do you use it to get rid of problems ? (2020-12-13 00:11:12)

Following these six steps will ensure a smooth and successful journey to your destination.

Huixuan 2020-12-13 00:15:00

The six steps are just the literal meaning . (2020-12-13 00:15:12)

It means practical in its literal sense.

Happy times :
Being stuck is often misunderstood; it could be due to utter despair or insufficient release of grief.

Huixuan 2020-12-13 00:15:34
The literal meaning is too simple; once released, the feeling is like being inside the wind. (2020-12-13 00:15:50)
No, it's because you want to control your awareness.
Why is this a common misconception? Because if you don't release your basic desires, it's almost impossible for you to fully release them.

An emotion

Strong 2020-12-13 00:15:58
@Wind, do we need to consciously practice awareness? Wind

2020-12-13 00:16:07
They will continue to be developed and will not be needed.
Lester explicitly stated that if you merely release emotions, it would take hundreds or thousands of lifetimes to release even one type of emotion.
You still have eight categories
If you can release the desire for control and validation, then don't retreat. Ultimate

Freedom 2020-12-13 00:16:12
's mind and meditating is even more of a distant dream . ?

风 2020-12-13 00:16:45
直接释放想要控制和认同
今天有个人算了下
持续释放一天等于 **6000** 年冥想

Ultimate Freedom 2020-12-13 00:16:57
This day refers to **24**.Hours?

Wind 2020-12-13 00:17:06
Yes, **24** Hourly continuous release
Be aware of this desire for control and identification, rather than letting it become a natural thought in your mind. (2020-12-13 00:17:58)
One release **equals** months of meditation

equals hundreds of years of natural evolution — it's incredible!!!

December 13, 2020: It got stuck before it even left.

Wind 2020-12-13 00:36:05

Releasing what you want is actually very simple; usually, the moment you allow yourself to become aware of it, you've already released it—it happens in a flash, very quickly.

hai 2020-12-13 00:36:15

If I notice it but don't release it, wouldn't I still have to ask...

Wind 2020-12-13 00:36:42

I noticed it, so I asked if I could let it leave.

hai 2020-12-13 00:37:05

Does noticing a sudden, sharp movement mean it's stuck ? (2020-12-13 00:38:12)

It got stuck before it even left.

Notice what you currently want to control, and then prioritize releasing what you want to control.

Wind 2020-12-13 00:39:14

The card is a good thing; if it's not released, it's constantly being operated and released on the surface, and every time **it goes down...** Okay, slightly **up** After a while , people felt that the release method was not free, or that it required many other conditions.

Roller 2020-12-13 00:39:45

But Brother Feng, I told them before to release more **AGF.** The idea of releasing emotions and then desires feels a bit misleading to them, because many people get stuck on releasing desires and don't really pay attention to the six steps. So I recommend the elementary school method for releasing emotions.

Wind 2020-12-13 00:40:00

This won't solve the problem; releasing emotions won't solve the problem of being stuck in the desire to release them.

Roller 2020-12-13 00:40:14

Released enough **AGF** You release your desires without effort or hesitation. (Wind, 2020-12-13 00:36:05)

This is what your mind is thinking, isn't it? -

Roller 2020-12-13 00:40:25

Haha, I thought of this a long time ago. I didn't use the six-step method back then.

Wind 2020-12-13 00:40:33

"We first enter the conscious mind, releasing control and identification, and then other things you're trying to release, like fear."

"You know, you'll spend hundreds and thousands of lifetimes trying to release your fear, and after that you'll still have anger, you'll still have other emotions . But when you release the desire to control, everything beneath it is released."

Want to release **agf** Releasing desires again? Sorry, you could never release them

all in a lifetime.

Roller 2020-12-13 00:40:38

Now, I'm not really inclined to correct it anymore. That was probably discussed mid-month; when you're completely despondent, you stop; when you're fearful, you exert yourself. That's how I came up with this idea. Hahahaha.

Wind 2020-12-13 00:40:59

You can't solve your problem without following these six steps. These six steps don't mean you have to retreat into emotional release.

Roller 2020-12-13 00:41:05

Anyway, if you asked me to explain the six steps in a large group now, very few people would actually listen. I previously discussed this with **Roller...** I said

Let me clarify

Duality (December 13, 2020)

On 2020-12-13 09:42:15

@Wind, could you please help me answer this when you have time?

I saw this quote from a yogi in Yogananda: "Behind the Mayan suffering of duality lies the eternal light of unity." How should this "dualism" be understood? I seem to only vaguely grasp it. [Sad]

Wind 2020-12-13 09:42:54

Relativity,

duality, or

duality

There's a cold place, and a hot place. There's a high place, and a low place.

December 13, 2020: Allow yourself to become more aware of it.

Wind 2020-12-13 01:54:13

Just remove the last two sentences to release desires.

现在的感受是想要控制还是想要认同？允许自己更加觉
察到它
然后问自己：我能放它离开吗？

That's it.

on December 13, 2020, was to bring out the opposition procedure.

Wind 2020-12-13 15:52:47

"If I really want to achieve my goal, can I do it immediately?"

For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then manifest 1 million and throw it into the river.

The key is whether it is possible, not the goal itself.
Goal release involves bringing out the opposing
process, allowing oneself to reach the position of
mastery over mind and matter, to the point where

achieving a certain goal can be done perfectly and effortlessly.

by the Well , if you really don't want that million , just throw it away after you get it.

Slight Warmth 2020-12-13 16:05:53

I have a question. If my original goal was, say, a 50-square-meter house because it's relatively easy to achieve, but later I discovered that a 110-square-meter house would be better, do I still need to achieve the goal of owning a 50-square-meter house?

Wind 2020-12-13 16:06:07

every impossible, no matter how impossible, become immediately a possible, as you

completely released on it.

If you want something better, then of course you don't have to.
But it's not because you can't, but because there's something better.
Eliminate all impossibilities in achieving your goals, while remaining open to better ones.

2020-12-14 The mind can only tell you what it is currently experiencing; it can only replay past experiences.

Qingxi 2020-12-14 09:10:15
[Group Chat History]
【
[Image] Wind: This is a mental conflict, and
mental conflict is normal for people. I am
Infinite: They are all what I truly want.
Wind: Yeah, you've just made it complicated. Keep it simple and you'll be able to use it.
I am Infinity: I can feel these two desires in my chest and abdomen. It's not a physical sensation, just a feeling of desire, a mental desire— is this all about wanting to control?
】

@Teacher Fengfeng , in this record, Is it controlled?
the desires mentioned no longer stem
from a desire for approval or
control, but rather from a desire for
control in general? I don't
understand.

Wind 2020-12-14 09:10:22
Regarding the group owner's
issue alone, I want to
tolerate it and seek
treatment.
This is what

they want to control

Huixuan. (2020-12-14
09:10:27)

@Wind Are all our current actions karma?

Wind 2020-12-14 09:10:49

Karma is action and
reaction, which
Lester calls
"process".
The feelings and tendencies you
release are all karma. (Huixuan, 2020-12-14
09:10:58)

When something happens, are my various reactions driven by a program?

Free Life 2020-12-14 09:11:06

@Teacher Feng, is a feeling of

tightness in the chest and abdomen

also a physical sensation? Can it

be relieved?

Wind 2020-12-14 09:11:08

You need to be aware

of what the emotion

is, not just the

tension.

The Lester Levenson (The Sedona Method) audio I translated previously was just a significant part of it.

[Link: Lester's explanation of the release method https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ]

The group admin just posted this on the official WeChat account at 09:11:38 on December 14, 2020.

@Wind I 早just want to ask, I've always felt this question has nothing to do with release, so I've been holding back. Why do we need six people? Is there some cosmic law involved? [Evil grin]

Wind 2020-12-14 09:11:45

Indeed unrelated

However, it doesn't actually

offer a mentally sound

explanation, which makes this

piece somewhat important.

"Everyone is combining other things with release, and when you do that, you slow down the release. If you need something else, you slow down the method."

The most important of these is this sentence.

Don't add anything to the method itself. (2020-12-14 09:11:59)

I don't know if the method is

wrong, or if the release is

insufficient; it's definitely

not enough.

Wind 2020-12-14 09:12:09

How long do you release during the day, and to what extent? Or what causes you to stop?

The era of the Internet of Everything 2020-12-14 09:12:15

Now I'm basically releasing energy all the time except when I'm sleeping. (2020-12-14 09:12:24)

Does each release bring you an experience that aligns with step six? (2020-12-14 09:12:39)

Not particularly easy,

It was somewhat relaxing, but not enjoyable.

On 2020-12-14 09:12:48

@Wind I only started experiencing the pleasure after each release yesterday, thanks to Roller's repeated emphasis, but I still haven't made it a habit. My inertia after each release is to quietly observe my breathing for a few seconds. Is this what you mean by combining it with other methods?

Wind 2020-12-14 09:12:50

Does your release come with a control program? (2020-12-14 09:13:15)

I don't feel anything.

Or perhaps they're too eager to change the status quo. (Wind, 2020-12-14 09:13:18)

Just don't try to combine them intentionally.

The desire to change the status quo is not the problem.

Now that it's out, you should put the method to use.

Rong 2020-12-14 09:13:29

The method is to release this desire for change, right? [clasped hands] @风风 2020-12-14 09:14:17

Yes, the method is very simple.

So you don't need to spend more than a week dealing with the feeling that any worldly goal is impossible; it's because you're in an AGF emotional state.

Behind it lies a desire for control, as well as a desire for recognition and security—to achieve a very small goal, something that takes no more than ten minutes to accomplish, and half a day would suffice.

How long does it take to achieve a big goal that you think is difficult? I think it should take no more than a week. If you can't do it in a week, it means you haven't truly applied the six steps.

So, don't joke about yourself.

easy or impossible

The era of the Internet of Everything

2020-12-14 09:14:25

Your first instinct might be that it's impossible. (2020-12-14 09:15:04)

Simple, or impossible

Do you understand this concept? (2020-12-14 09:15:18)

Only these two options

It's either simple,

or there can't be no

third option.

Wind 2020-12-14 09:16:18

Um

Wood 2020-12-14 09:16:45

Can it really bring out all the subconscious tendencies? Of course.

Cynthia 2020-12-14 09:16:55

@Wind, the kind of release you're talking about is continuous release, right? Achieving a difficult goal in a week, this whole week should be a continuous , uninterrupted release, right?

Wood 2020-12-14 09:17:04

For example, I released my fear yesterday, but it's back again today.

这个方法让你去注意的是三大基本感受
basic feeling
也就是三大想要，驱动了一切情绪和感受持续不断是关键

Wood 2020-12-14 09:17:17

Sometimes, the wind's desire for safety and security can also be recognized. (2020-12-14 09:17:28)

Okay, then release it.

Whenever you feel it, you don't need to suppress it; you can release it immediately.

The era of the Internet of Everything 2020-12-14 09:17:39

I don't know where it's stuck now. (2020-12-14 09:18:05)

Then you're stuck somewhere you don't know where.

To understand this, it's about wanting to control.

Shuxin 2020-12-14 09:18:27

@Wind Sometimes you feel down and unwilling to let go. Is this something you want to control but not let go of? Wind 2020-12-14 09:19:09

Yes, you resist doing release.

Why the resistance to release?

It's simply a subtle feeling of resistance and aversion.

Wood 2020-12-14 09:20:01

No need for too much analysis, right?

风 2020-12-14 09:20:14
主动去释放它
嗯，要尽力避免用头脑分析原理的倾向
头脑只能告诉你它目前经验到的，只能重播过去的经验

Shuxin 2020-12-14 09:21:07

风 2020-12-14 09:21:17
首先你能感受到抗拒吗
抒心 2020-12-14 09:21:24
特别抗拒

@Teacher Feng, could you please guide me? How do I release this resistance? I'm stuck here and can't move.

接着你能感受到对它的想要改变吗？

如果不会释放流程，就花四天时间学会它

如果会了，就可以用

sedona method 不存在基础好和基础差的区别

不想面对，你想要逃开它

注意到这个想要，它是最表面的，你就可以释放了

The era of the Internet of Everything 2020-12-14 09:22:04
I think I've mastered the
release process. (2020-12-14 09:22:17)
Then use
Happy Time 2020-12-14 09:22:30
Sometimes I feel like I'm collapsing there in the wind.
Feeling lost and without support,
I want to change it. (2020-12-14 09:22:37)
You mentioned feelings and the desire to change.

What should I do if this
situation is not obvious? (Happy Time
2020-12-14 09:22:47)
Releasing the desire for
change and the desire to control the
wind. 2020-12-14 09:22:52
Um
Shuxin 2020-12-14 09:23:00
@Wind , are you looking for subtle changes? Are you focusing on that desired feeling?

风 2020-12-14 09:13:12
“去做，持续去做，当你卡住的时候，使用这个方法中的‘怎么办’的流程，放开想要改变卡的感受的欲望。
如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。”

你们都知道该怎么办

The most superficial emotions don't require much effort to feel. (December 14, 2020)

Sunny 2020-12-14 11:36:10

@roller I feel like I'm similar to that person before, or even worse. I'm constantly stuck in a state of stagnation, never successfully releasing my emotions, and completely unable to find the feeling of release. It's like I know my emotions, but when I try to release them, I can't feel them anymore.

When it comes to desires, no matter how I follow the process and ask myself questions, the answer is mostly "I don't know," "I don't know," "I don't know," making it impossible to continue. I don't know where the problem lies. Can you guide me through a complete release?

Wind 2020-12-14 11:37:12

When you can't feel something, don't try to feel it. The most superficial feeling right now is subtle; don't try to answer it.

This desire to change has pressed down on the sensations that arise below you.

Therefore, you must first release your desire to change or "want to figure things out . "

Sunny 2020-12-14 11:38:26

I couldn't feel it, and then I knew it was vague. I asked myself, do you want to be clearer? I found that I didn't feel that I wanted to change.

Wind 2020-12-14 11:38:40

The sensations below will become clearer naturally.

Sunny 2020-12-14 11:38:58

Then I would answer "I don't know "

(2020-12-14 11:39:06)

Do you feel good or bad when things are unclear?

If you feel bad, you want to change it . (2020-12-14 11:39:16)

not good

Wind 2020-12-14 11:40:19

Hmm, you don't like it, do you? Then there's someone who wants to change it.

You've already sensed it, you just haven't recognized it . (2020-12-14 11:41:12)

I felt like I was in a state of numbness.

When I'm in a particularly urgent situation, I have a strong feeling, but once I get back into the flow, that feeling disappears.

Wind 2020-12-14 11:41:38

Let me first allow this feeling to be expressed.

(Sunny, 2020-12-14 11:42:15)

Allow this numbness, wind? 2020-12-14 11:42:44

You can't suppress it while simultaneously releasing it . (2020-12-14 11:42:49)

I truly didn't know I was suppressing it.

风 2020-12-14 11:42:55

让自己感受到这个麻木的感觉

晴 2020-12-14 11:43:13

嗯，可以

风 2020-12-14 11:43:29

能辨识出是想要控制还是想要认同吗？

晴 2020-12-14 11:44:01

想要控制

风 2020-12-14 11:44:26

然后它离开了吗？

晴 2020-12-14 11:44:48

没有，又没有感觉了

风 2020-12-14 11:44:51

有在努力吗？

晴 2020-12-14 11:45:16

感觉不是努力，是飘忽

风 2020-12-14 11:45:28

逃避

晴 2020-12-14 11:45:36

好像是

Wind 2020-12-14 11:45:44

Suppression, escapism, expression

Three ways to deal with emotions besides release

Wind 2020-12-14 11:46:00

“Do it, keep doing it. When you get stuck, use the ‘what to do’ process in this method to let go of the desire to change the feeling of being stuck. If it’s a vague feeling, then let go of the desire to change that vague feeling. Once you’ve released it, you can attack that feeling of fear of death again.”

Sunny 2020-12-14 11:47:48

But what if all I want to do is release, like this? It seems like all I want to do is release my desires, like just now.

Wind 2020-12-14 11:48:12

″Release the feeling of being stuck, and see how much you want to change those things—like I told you.″

Simply release the feeling that's stuck, or even the vague feeling — you might not even be able to see it because you're trying to escape it, or at least want to change this vague feeling—whatever it is .

Wind 2020-12-14 11:49:19

Actually, this is a good thing.

Many people don't realize that
getting stuck is a good thing
because the control program has
surfaced.

Wind 2020-12-14 11:50:16
When you get stuck, your tendency to escape, or your tendency to forcefully suppress, emerges. (2020-12-14 11:50:48)
That's true.
When I'm stuck in a rut, I
try to escape by trying to
release it, but I also
want to learn how to
release it.
Back and
forth tug-of -war
2020-12-14 11:51:10
If you don't confront this blockage, it will
continue to operate within you. Have you
already experienced releasing your emotions?

Sunny 2020-12-14 11:52:00
I can complete the three-question process to release
emotions, but I've never experienced a successful
release. Releasing desires is completely stuck; I can't
even complete the process once.

Wind 2020-12-14 11:53:11
In other words, you haven't experienced the feeling of release.

Sunny 2020-12-14 11:53:23
Yes
This is what worries me.
You all say it's very simple,
but I feel it's so difficult . (2020-12-14
11:53:55)
Have you practiced along with the videos?

Yilin 2020-12-14 11:54:12
I've been stuck on this issue for a long time, it's clear I'm stuck, but I can't let it go, or more accurately , I don't have the power to let it go.

Wind 2020-12-14 11:54:36

If you're stuck, use step five to release the control you want to exert over the stuck area.

Sunny 2020-12-14 11:54:48

At first, I followed the videos but didn't really get the hang of it. Later, I just followed the written instructions.

Wind 2020-12-14 11:55:16

你需要先体验一下释放情绪
把情绪表拿出来，找到你的感受然后直接感受一
会儿，用三问句

Sunny 2020-12-14 11:57:14

My feelings were mixed; in the first three moments, they shifted incredibly quickly—fear, despair, sadness. (2020-12-14 11:58:19)

Release the
most
superficial
and also the
most obvious
one.
It's okay if they're
mixed together; that's
often the case.

Sunny 2020-12-14 11:59:15

I feel fear, and I ask myself the three questions. Asking them isn't a problem; I can ask them , but while I'm aware of my feelings, I can't truly feel them. I keep asking myself the three questions—that's how I practice.

Wind 2020-12-14 11:59:17

问完之后，你要再感受一下现在的感受

Sunny 2020-12-14 12:00:03

Yes, there are.

The feeling jumped around, and I asked which one was the most obvious at that moment.

I just have this feeling, like I'm experiencing something, but it also feels like I'm mechanically answering questions. (2020-12-14 12:01:06)

第二次流程也和第一次那样做
辨识出来，接着感受它，再接着运用三问句

Sunny 2020-12-14 12:02:18

I haven't experienced emotional detachment or pleasure, nor have I had any significant emotional release, but sometimes asking myself three questions can make me feel a little better.

Wind 2020-12-14 12:03:17

That's not enough.
The release may be subtle at
times, but it is usually
noticeable.

So if you don't consistently experience significant emotional release, it means you're not releasing your emotions most of the time.

Sunny 2020-12-14 12:04:19

Yes, I've been in this state . (2020-12-14 12:05:23)

One of the simplest ways is to try to become aware of your desire to control, release, and change the situation.

Sunny 2020-12-14 12:05:25

Sometimes I can sense it particularly strongly.

Wind 2020-12-14 12:05:31

Once you release it, the release process can proceed smoothly. Sometimes you just don't recognize it.

Use it as a background

For example, when doing release exercises, some people feel they must try hard to control their attention and not get distracted, while others feel they need to control the time interval between questions, and so on.

Sunny 2020-12-14 12:08:09

Another situation is that, regardless of how intense it is, and whether I can recognize it or not, when I ask, "Can you let it go ?", there is no sense of release. I can't feel it leaving, nor can I feel its presence; it's as if it's hidden away.

Wind 2020-12-14 12:08:20

This is a typical example of a repressed habit that you've suppressed .

So you are actually using force .

Sunny 2020-12-14 12:08:44

How can we release this oppressive feeling that we haven't even noticed? (Wind, 2020-12-14 12:10:08)

尽可能地放轻松然后运用流程
当你去感受时，你不用努力去感受
因为最表面的情绪是不需要费力去感受的当你问问句时，不要努力去回答
体验不到释放，是因为在流程中添加了太多不必要的努力而不是简单地运用流程

Sunglasses 2020-12-14 12:10:25

What if you're very tired? (Wind, 2020-12-14 12:12:37)

Are you physically tired?

Sunglasses 2020-12-14 12:13:19

Hmm, body and mind
The goal might
be too big and
too urgent.

Wind 2020-12-14 12:13:26

Relax, let go of the urge to control your sunglasses.

(2020-12-14 12:13:38)

good

Caiqin 2020-12-14 12:13:49

I recently noticed that the back pain that had been bothering me for a while has disappeared. I've never relied on massages or anything like that before. Lately, besides releasing tension , I haven't done anything else related to my back. Could this be related to the release?

Wind 2020-12-14 12:14:03

This often happens

Caiqin 2020-12-14 12:14:16

It seems like this state needs to be consistently maintained to become the norm, right? (Wind, 2020-12-14 12:14:29)

Continue to release

Caiqin 2020-12-14 12:14:38

good.

Sunny 2020-12-14 12:14:45

It's so hard, I feel like I can't learn it no matter what I do. I'm feeling completely hopeless. (2020-12-14 12:14:56)

This is merely a feeling.

Sunny Girl 2020-12-14 12:15:06

Sometimes I suddenly feel very angry, what's going on? (2020-12-14 12:15:18)

Anger surfaced; any emotion can suddenly surface.

Caiqin 2020-12-14 12:18:23

How can @wind maintain its energy level in daily work?

Wind 2020-12-14 12:18:49

Releasing once is easy, releasing a second time is easy, and then releasing again... Since you've felt it, then release it.

agflapcap in the subconscious.

Caiqin 2020-12-14 12:19:24

Walking or taking a car alone helps me relax quite a bit, but I unconsciously forget to relax when I'm working, doing things, or interacting with people.

put

It seems I haven't developed the habit of consistently releasing [the energy/energy].

Wind 2020-12-14 12:19:31

Start over and treat the release as if it were the first release.

Caiqin 2020-12-14 12:29:00

@Wind, I have another question. Once, when I was releasing my fear, the more I released, the more afraid I became. A lot of emotions welled up , and I couldn't suppress the pain and discomfort. I couldn't feel any joy, but I could feel many emotions rising up. Later, I was afraid that I would fall back into the release method my teacher taught me before, so I forcibly stopped.

Wind 2020-12-14 12:29:50

> Release following the same procedure; if it gets stuck, release it if you want to control it.

Caiqin 2020-12-14 12:29:59

> @The problem with the wind is that during the release process, a series of emotions are brought out, and you keep feeling those emotions.

Is this also stuck?

Sunny 2020-12-14 12:30:05
But I can't let it go, and this feeling keeps repeating. (2020-12-14 12:30:12)
Start over, treat this release as if it were your first time. Maybe in the next few minutes you 'll learn

it .
Sunny 2020-12-14 12:30:19
Okay, I'll try releasing it again. Should I start by asking myself three-question questions ? (2020-12-14 12:30:24)
Okay, let's start with emotions. (Sunny, 2020-12-14 12:30:33)
OK

Caiqin 2020-12-14 12:30:45
I've also experienced feeling more relaxed and at ease the more I release, but I often forget to release and avoid doing so. You need to constantly remind yourself to do this.
Remind yourself

Wind 2020-12-14 12:30:55
Releasing will make you feel better, so why not choose to release? (2020-12-14 12:30:59)
@GoodWind

Wind 2020-12-14 12:31:12
certainly
You are not continuously releasing what you are stuck in your emotions.
Continuous release means emotions are constantly leaving.

Caiqin 2020-12-14 12:31:26

Oh, I understand. (Wind, 2020-12-14 12:31:38)

Accompanied by the continuous pleasure and relaxation

Caiqin 2020-12-14 12:31:47

I feel like one emotion just leaves and another one comes, like gusts of wind. (2020-12-14 12:31:52)

Do you feel you need to exert effort when you release tension? (2020-12-14 12:31:59)

It seems I'm still stuck in my emotions.

The teachers used to teach us to get caught up in our feelings and emotions, and that it would take a long time to release a strong emotion.

Wind 2020-12-14 12:32:12
That is, the standard for continuously staying in control is that each release should be more relaxed and enjoyable than the previous one, and feel better than before the release.
It's enough to feel more pleasure than before the release; it doesn't mean you have to reach a certain level all at once. Each release should feel more pleasurable than the last.

Miracle 2020-12-14 13:04:01
@Wind I want to ask where I should focus my attention. I always try to force it out, and it's so hard to control.
Wind 2020-12-14 13:04:12
Just focus your attention a little on your senses. [Laughs]

Miracle 2020-12-14 13:04:01
Is the wind blowing from the outer edge or the middle?
I get bounced away every time. It resists my attempts to release it.

Wind 2020-12-14 13:04:13
Don't worry about whether it's the periphery or the center; the key is to be aware of your emotions.
To release desires, you need to become aware of that fundamental feeling.
(Miracle 2020-12-14 13:04:29)
I can't detect emotions; what I can detect

is a blockage. My emotions are suppressed,
so what I usually perceive is a resistance
to this blockage.

Fruit platter 2020-12-14 13:33:08

@Wind Why do I often feel that my emotions are neither something I want to control nor something I want to acknowledge, and I can't categorize them like that? Will this affect the effectiveness of my emotional release?

In this situation, can I simply release the emotions I feel?

Wind 2020-12-14 13:33:45

You can simply release your emotions, but you can also become aware of the desires they stem from, and then releasing those desires is much more efficient.

It's not about categorizing, it's about recognizing that it wants to control or identify with the fruit platter. (2020-12-14 13:33:54)

It feels so abstract.

What exactly does it mean to want to control? (Wind, 2020-12-23 12:34:12)

Wanting to control means wanting the world to be the way you want it to be. You're stuck and want things to go smoothly.

2020-12-14 The desire for recognition and control behind agflap is both present.

D 2020-12-14 19:08:13
Greed stems from a desire for validation.
I check the time every day,
I've practically memorized it [facepalm]
2020-12-14 19:08:26
You've been released for so long and you still make such a basic mistake?
D 2020-12-14 19:08:38
@Wind, please correct me

Roller 2020-12-14 19:08:49
Basic desires drive emotions; nine emotions drive hundreds and thousands of feelings; feelings drive tens of thousands of thoughts. (2020-12-14 19:08:55)
a gfl a p Don't you understand the
underlying desire for approval and
control ?
Release whichever one you notice more clearly.
That arrow is a misleading design created by the illustrator for aesthetic purposes.
D 2020-12-14 19:09:26
I see,
that
makes
sense.
[Animated Emoticons]
Thank you for your corrections.

2020-12-16 Does "not wanting" mean wanting to control?

Shuxin 2020-12-16 09:10:17
@The feeling of the wind is blurry and unclear. Sometimes I don't even feel the need to change it, so how can I keep going?
teacher
Wind 2020-12-16 09:10:24
So you want to
maintain it? (Shuxin,
2020-12-16 09:10:38)
In no mood

Wind 2020-12-16 09:10:49

Do you like this feeling? (Posted by Shuxin, 2020-12-16 09:10:58)

Does this "don't want" mean wanting to control?

Does it mean disliking?

Wind 2020-12-16 09:11:01

That is, the desire to change things at 09:11:06 on December 16, 2020.

@Wind , what if you feel like it ?

Wind 2020-12-16 09:11:14
If you like a feeling, you have a craving for it, a desire to hold onto it. (2020-12-16 09:11:26)
@WindWantsToControl
[Laughing]
Wind 2020-12-16 09:11:38
If you dislike a feeling, you have an aversion to it and want to push it away.
attachment and aversion
On 2020-12-16 09:11:50
I understand, thank you.

Shuxin 2020-12-16 09:12:42
Teacher, I have another trigger point. Some things ignite my rage, and I feel like killing that person. I want to swear and curse. At these times, I can't calmly release my anger. What should I do?

风 2020-12-16 09:12:57
先允许这个情绪表达出来然后你就能释放了

Shuxin 2020-12-16 09:13:00
Is it okay to vent your anger, but not directly at the person involved? (Feng, 2020-12-16 09:13:09)
Well, if you really can't control yourself...
Allow yourself to lose control a little, then easily focus on your feelings . (2020-12-16 09:13:33)
So, if you can control yourself, don't go crazy? (Wind, 2020-12-16 09:13:54)
sedona The "method " approach, invented by Lester Levenson (The Sedona Method) , is a rigorous method where each step follows a specific approach without requiring the introduction of any additional concepts.
Shuxin 2020-12-16 09:13:59
Thank you, teacher

Wind 2020-12-16 09:14:01
Don't suppress your feelings.
However, don't let it erupt too violently and get out of control.
Be especially careful when encountering strong emotions.

Shuxin 2020-12-16 09:14:12

When I really want to express myself but choose to hold back, is that suppressing my feelings?

Wind 2020-12-16 09:14:26

“We now spend 99% of our time on our subconscious mind, suppressing feelings that have accumulated in the past. If all the anger were to surface at once , we would completely lose control and might hurt someone, so it is necessary for us to suppress that accumulated anger. The same goes for grief; if grief were to surface all at once, we would be overwhelmed by it to the point that we cannot control ourselves.”

This applies to all emotions. There are too many emotions accumulated from the past, so we have to spend the vast majority of our time suppressing them.

Control these pressures.

I call them pressures because every subconscious feeling wants to surface and reveal itself. We very carefully bring them to the surface, letting go of control, releasing the subconscious pressure and drive, and allowing them to flow freely.

A: This technique first shows you the full picture of your mind and emotions, and how they are connected. This technique brings your subconscious mind to the surface, from where we don't look, to where it is right in front of you—so that you can do something about it.

It shows four things we can do about our emotions and feelings. The worst thing we can do is suppress them. The second, slightly better, bad thing is to escape. The third thing we can do is begin to release from suppression, which is to express your feelings or emotions. The fourth thing, and what we need to do, is to pour out your suppressed emotions.

These key parts have all been translated.
If you don't allow it to be expressed, you are suppressing it.
However, if too many feelings surface at once and
you lose control of your emotions, you won't be able
to release them. Therefore, you must be very careful
to let them surface.
Do not use force during this process.

On 2020-12-16 09:14:55
What does
"attachment " mean? (2020-12-16
09:15:11)
What to do when
you lose control of your
emotions ? (2020-12-16
09:15:27)
craving, clinging
If you truly lose control of your
emotions, let them run wild for a
while and allow them to express
themselves; this will help you
release them.

Happy Time 2020-12-16 09:15:33
@Wind, what is it like to release control over your body? Are there any warning signs beforehand? Wind 2020-12-16 09:15:39

Reclaiming control over one's body? (Happy Time 2020-12-16 09:15:44)

having released all feelings, took control. (2020-12-16 09:15:55)

Have you released all your feelings? Happy Time 2020-12-16 09:16:00

Um

Wind 2020-12-16 09:16:04

A tranquility that transcends all, it is indescribable.

imperturbability

Absolute tranquility that no one or nothing can disturb.

Lester said that in Sanskrit it's called Nirvana .

When you manage to quiet your mind temporarily through any means, you can briefly experience moments of joy. (2020-12-16 09:16:13)

You can complete all of this independently without any external

风 2020-12-16 09:16:20
这即是瑜伽科学里面所说的萨比卡帕三摩地
但是在萨比卡帕三摩地中，种子的力量还存在，因此还会退失当然
而当你达到「涅比卡帕」三摩地时，一切种子都失去作用了这时候你还有残
存的业力，但是你消除它只是个时间问题 有的大师会选择
把那些残存的业力保留更长时间

interaction, right?

To continuously return to the world to help more people
Some masters achieve Paramukta, becoming Siddhartha (a perfect being)
, and directly merge with the infinite.

Happy Time 2020-12-16 09:16:25
I don't understand the rest. Just keep moving
forward and releasing energy, right? (Wind, 2020-12-16 09:16:29
)
For you, it's
knowledge, yes,
implementing the
six steps.
In the six steps of the "Nabhikāpa" Samadhi, only
the first step has been fully achieved; the
subsequent work has only just begun.
You will fall into the last five steps.
Every choice and decision you make naturally tends towards freedom.
Because the seed has ceased to function, it means that
the direction towards the world is no longer
effective; the direction towards freedom is no longer
relevant.
I can describe this stage using
different teachings. In the
Buddha's teachings, this is
called the stream-entry fruit.
From the stream of
ordinary people to the stream of saints
(2020-12-16 09:18:05)
that's how pre-flow
fruits are formed! (2020-12-16
09:18:13)
"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of

suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

On 2020-12-16 09:18:26

What about alchemy?

Wind 2020-12-16 09:18:52

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world .

Let me rephrase it slightly, but this is indeed how it originally was. Because it seemed to have no real relevance to people , we modified it to "You must want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

So the first step is that you must want freedom more than you want the world.

Daoist alchemy is not a method that allows for freedom.

Turn your gaze toward the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here.

Lester's words were too plain, making them

too easily overlooked and ignored. (Macro 2020-12-16

09:19:06)

Is resigning considered
this kind of thing? [Facepalm] Wind
2020-12-16 09:19:18

no

This is unrelated to any action.

This is merely the discovery of what Lester called "the sole source of happiness." Once you've discovered it, you can turn around.

When the direction is completely reversed, you will enter the so-called "Nebikapa" samadhi.

Qingxi 2020-12-16 09:19:46

Do I need to quit my job and get away from people?

I feel that one's mind is active when in a
crowd or during interpersonal interactions. (Wind,
2020-12-16 09:19:50)

When seeds lose their function, it means the world's direction is completely lost.

Do you want to suppress those active minds?

Hong 2020-12-16 09:20:21

I hate interpersonal relationships, and
I desperately want to live a secluded life.
(2020-12-16 09:20:29)

That's "a loathing
for the world." (Qingxi,
2020-12-16 09:19:46)

We need to release these active minds now, but if we release them completely, will the final outcome be as mentioned above ? Leaving the crowd?

Wind 2020-12-16 09:20:58

It depends on your choice.
Aversion to the world is
not a desire for freedom;
one must understand this.
Disgust and craving often appear in pairs.
When you have a desire for the world, you will also have aversion to it.
I've found that many people mistake "disgust for the world" for a desire for freedom.

Qingxi 2020-12-16 09:21:32

Oh, so when you're truly free, there's no difference between being part of the crowd and being apart from it? Absolutely no difference.

is that so?

Happy Time 2020-12-16 09:21:49

Is it possible to release aversion, release desire, release what you gain through goals, and then let go—that's a process?

Wind 2020-12-16 09:22:05
The eternal tranquility of infinite existence will not be disturbed. After achieving the desired outcome, continue to release the attachment to what has been gained.

On 2020-12-16 09:23:09
@What level of attainment is emphasized in the Four Dhyanas and Eight Samadhis of Daoist Alchemy (One Dhyana)? Second Dhyana Third Dhyana The inner visions appear differently in the fourth jhana . For example, I remember that when you reach the fourth jhana, the inner vision is a mandala. These aren't methods of achieving freedom, are they?
Wind 2020-12-16 09:23:41
Not a free method

2020-12-16 Meditation is merely a form of suppression.

Wind 2020-12-16 09:58:10
I once practiced
the second stage
of meditation
during my middle
school years.
Through Theravada Chan Buddhism
Meditation is merely
a form of suppression.
(2020-12-16 09:58:28)
But this is a method left by the Buddha,
as described in the Agamas. (2020-12-16 09:58:46)
The Buddha's journey to enlightenment involved reaching the state of neither perception nor non-perception, yet he knew it was not true liberation. Therefore, he led his followers in a six-year arduous pilgrimage.
Then, it was discovered that
asceticism is not a path to liberation
either, on 2020-12-16 at 09:59:02.
@Feng What is the final method for liberation
left by the Buddha? (Feng, 2020-12-16 09:59:29)
The Agamas never say that the four dhyanas and eight samadhis can lead to liberation.
Instead, it
involves
contemplating the
twelve links of
dependent
origination and

their cessation,
and the four
foundations of
mindfulness.
The World
View Collection was
published on December
16, 2020. 09:59:52
Didn't the Agamas leave behind diagrams of
the inner vision? Maybe I'm
remembering wrong. (Feng, 2020-12-16 09:59:55)
No
The Agamas are the true
original Buddhist scriptures,
although they contain some
additions and alterations by
various schools of Buddhism.
However, the *Saṃyutta Nikāya* still retains its original form as much as possible.
The Buddha was a very rigorous teacher and would not have left behind such mystical teachings.
I had memorized many scriptures before, but after the "Nabhikpa" samadhi, I realized which parts had been altered and which parts had been rearranged.
Next, one should be able to accurately
understand and distinguish all the
classics , identifying which masters
are genuine and which are false.

2020-12-16 If you can't tell the difference, isn't that what you want to tell the difference?

Clear blue sky 483 2020-12-16 11:09:05

I have a lot of vague and unclear feelings. Sometimes I ask myself, do I want things to be clearer? I don't know.

Do you want to?

Wind 2020-12-16 11:10:15

Sometimes fish forget they live in water. (Clear Sky 483, 2020-12-16 11:11:12)

Either you want to maintain that state, or you want to improve, but sometimes you just can't tell the difference, it seems...

subconscious

I just want to stay still, but I know I need to do better, so I'm confused about the difference.

Wind 2020-12-16 11:11:10

The inability to distinguish is precisely because you want to distinguish them, isn't it? (Posted by晴空万里483, 2020-12-16 11:11:20)

Yes, haha

@Teacher Feng, you're so kind! Ye Minzhen

Jamie 2020-12-16 11:12:16

@roller Why did you leave before Feng Ge ? You arrived so timely.

Wind 2020-12-16 11:12:20

He needs to keep releasing it. Wait until you're no longer affected by the release before coming back. (Ye Minzhen Jamie, 2020-12-16 11:12:25)

[Animated Emoticon] Wind 2020-12-16 11:12:40

Now he's guiding you, and he's being influenced himself. (Sui Le, 2020-12-16 11:13:44)

@Wind I unconsciously exert too much force when releasing my desires; the momentum is too strong. Is there any way to become aware of this?

What about inertia?

Jamie Ye Minzhen 2020-12-16 11:14:13

I also want to leave the group as soon as possible to be free and no longer depend on you @roller

Wind 2020-12-16 11:14:20

Leaving a group is not a matter of free choice, it's just leaving the group.

发现自己想要控制
不看看自己在用力压抑什么感受看看那个卡住的感受
然后看看你是多么想要改变它

Guo Xingxing 2020-12-16 11:17:50

This is amazing; I really want to change it. Is this a confrontation with that emotion?

Wind 2020-12-16 11:17:59

It's enough to see that you want to change.

See how it feels to be stuck? If you're stuck, you definitely want to change things.

(Feng, 2020-12-16 11:18:10)

Then the desire for change surfaced and was released.

What happens when you want to change and release? Of course, the situation will naturally change along the way

(＊ˆωˆ*) 2020-12-16 11:18:20

@Teacher Feng, I get stuck as soon as I try to release it. The feeling of being stuck is all about wanting to control it; I just want to finish releasing it as soon as I try. (Feng, 2020-12-16 11:18:26)

You won't get stuck.

That feeling of being stuck will obediently surface and be released.

Yes, once you notice it, you release it.

Wan Xiaoli , 2020-12-16 11:19:15

Sometimes when I get stuck, I just wait a while and it moves on its own. Would that work? @风随乐 2020-12-16 11:19:20

@Wind I felt joy twice this afternoon, and I laughed to myself. Today I got stuck again. (2020-12-16 11:19:29)

Be proactive, don't wait.

While you shouldn't try to control the release process too urgently, you also shouldn't passively wait for it to happen.

Actively ask yourself if you can perceive the desire for change, and if you can let it go . (2020-12-16 11:20:30)

Normal thing

Wan Xiaoli , 2020-12-16 11:21:40

I've tried it; the harder I try, the tighter I hold on, and then I just lose my way. (Guo Xingxing, 2020-12-16 11:21:55)

Seeing this sentence made me laugh again. (Wind,

2020-12-16 11:22:47)

Don't try.

Keep doing it, but you

might be a little

confused about it at

first if you don't put

in the effort.

But once you get to know it,

you'll understand what this means. (Wan Xiaoli, 2020-12-16 11:23:10)

Proactive without

effort? @Fengfeng 2020-12-16 11:24:38

yep

To release effortlessly and proactively

If you find yourself trapped in a habit of

striving, it's simply a control program; you just

need to release the urge to control it.

Many people are afraid to actively release their energy because they are afraid of getting stuck.

Xiao Yi 2020-12-16 11:25:00

I desperately want to cry, but I can't. I feel like I just need to let loose and live the life I'm meant to live.

son,

Wind 2020-12-16 11:25:06

But isn't being passive

the same as wanting to control? (Xiao

Yi, 2020-12-16 11:25:18)

Is this something

that needs to be released?

(Wind, 2020-12-16 11:25:34)

Yes, but wanting to control

negative and passive states in

an AGF state isn't a good

thing.

You can go look at goals and The winning article

Furthermore, inaction is not helpful; only release is.

The only way to resolve the card issue is to release the

control program causing the card problem , rather than

passively waiting for the card to disappear

automatically .

Wan Xiaoli, 2020-12-16 11:28:29

Goals and winning means you must win the goal.

ZOEY 2020-12-16 11:33:45

After @Wind releases the desire to control the card, does it need to return to the desire to control/identify that it was trying to release before, and ask if this desire still exists? Or does the process end after releasing the desire to control the card?

Wind 2020-12-16 11:34:19

Going back to the previous

feeling, check if it's still

lagging. If it is, try releasing

the control again.

Vian 2020-12-16 11:35:11

@Wind, does releasing a target necessarily mean achieving it? If it's been two weeks and the target still hasn't been reached, what could be the reason?

Wind 2020-12-16 11:35:19

To release a stuck situation, you might need to

release it several times to try and control it.
That's okay.
At least you have to release it to that state.
You may no longer want the
goal, but the goal itself
is not the point.
Vian 2020-12-16 11:37:45
But Lester Levenson (The
Sedona Method) said it absolutely had
to be done, didn't he? (Feng, 2020-12-16
11:37:49)
Yes
Vian 2020-12-16 11:38:54
@Wind What's the
key point? Wind 2020-12-16
11:38:59
[Group chat history]
【
Wind: "If I really want to achieve my goal, can I do it immediately?"

Wind: For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then manifest 1 million and throw it into the river.

】

Wind 2020-12-16 11:38:15

So I said this

For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then you manifest 1 million.

After 10,000

Throw it into the river.

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You can be even more joyful, even more joyful.

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This is step six.

Actually, I suggest not saving the money obtained through releasing funds.

If you release a million, you should continue to release your

attachment to it and then you can spend it

immediately. Because you know that you have this inner ability to create at any time.

Wenlan 2020-12-16 11:43:51

@Wind's identification with and desire to control a goal have been released, and after a period of relaxation and pleasure, [they will]...

Same order

The target may also have a desire for control and approval; is this because it wasn't successfully released before?

Wind 2020-12-16 11:43:59

Saving is driven by a sense of insecurity. (Sui Le, 2020-12-16 11:44:10)

@Wind, remember this: don't save the money you release. (Wind, 2020-12-16 11:44:19)

No, no

I'm not instructing you in practice not to save.

I hope that after you achieve your goal, you can continue to let go of greed until you are certain within yourself that you have the ability to create at any time.

This is the result of not being able to release continuously.

Without sustained release, it will develop again. (Wenlan, 2020-12-16 11:48:38)

Having already felt relaxed and happy, is there a need to continue releasing that feeling? (2020-12-16 11:48:40)

Of course!

See that article. high to release

Wind 2020-12-16 11:49:00

If you release energy only to get high and then stop, you'll just keep going up and down.

Repeated loop

Yilin 2020-12-16 11:49:17

@Wind I released my weight loss goal but didn't achieve it within the set time, so I need to try again at a different time.

Release?

Wind 2020-12-16 11:49:24

After emotions rise, it's important to continue releasing them, digging out the deeper layers of negativity. (2020-12-16 11:50:44)

Yes

Wenlan 2020-12-16 11:50:49

I was already relaxed and happy, feeling that I had lost control and identification with the experience, so I didn't know what to release.

Vian 2020-12-16 11:51:04

@The release of ideas that haven't been realized after a long time can lead to a sense of frustration, which is also because there are still some limitations in the human heart.

It wasn't completely released, was it?

ZOEY 2020-12-16 11:51:16

@Wind has failed to achieve his goals by the set time several times now. Each time, I set a three- day deadline to force myself not to procrastinate . Is there a problem with this approach?

Wind 2020-12-16 11:51:28

Ask yourself if you want to feel better. Yes, it's just a feeling.

Wind 2020-12-16 11:52:16

Yes, but be careful not to suppress your feelings. (2020-12-16 11:52:50)

@Wind After I release myself to a state of ease and joy, continuing to release leads to peace, is that correct? Wind 2020-12-16 11:52:57

Coercion may lead to repression

Vian 2020-12-16 11:52:59

Thank you, wind.

Wind 2020-12-16 11:52:59

You're welcome

It can keep being released

Why stop something as easy and enjoyable as liberation? Don't stop until you achieve ultimate freedom.

Zhang Fei 2020-12-16 11:53:36

What to do when you feel frustrated because you didn't achieve your goal within the specified time?

Vian 2020-12-16 11:53:48

Does this mean I can release the wind whenever I want to do anything later? Right now, I can only release it when I'm focused. (2020-12-16 11:55:10)

Release! What to do?

Do you think those feelings of frustration are newly generated? They are accumulated from past failures. If you don't confront them, they will remain inside you.

Yes

Once you get used to releasing, nothing you do will affect your ability to release.

What are the main reasons for the difficulties in releasing the law on December 16, 2020 ?

Bethlehem Star 2020-12-16 16:02:54

Wind, many people feel that the main reason for the difficulty in releasing the Dharma lies in what aspects? Wind 2020-12-16 16:03:20

Firstly, some people can't find the right feeling when releasing their emotions.

For example, in the advanced group, there was someone who practiced and learned release very diligently, but after practicing for a long time, she still couldn't find the feeling.

However, the inability to find the right feel simply means you haven't practiced enough; this part is actually quite easy to overcome.

Next are those who have already found a sense of release. The main reason this group finds it difficult is due to two tendencies.

One is repression, the other is escapism;

overall, it's a problem.

Then there are also some people who feel that the difficulty lies in the lack of motivation to release it.

This is quite simple: they haven't benefited from liberation, or they don't believe that liberation can bring them these benefits.

benefit

If you can use the six steps, it won't seem difficult.

Stephen found it difficult simply because he didn't follow the six steps.

If you can't do it in a month, and you still can't do it in two months, then freedom is impossible for you; you can't drag it out for very long.

You can't say, "I'll do a little bit every day, and then I'll be free

in ten years."

To fully implement the six steps, you either need to resolve it within one or two months, or you'll never be able to do it in your lifetime. Because if you don't have freedom within one or two months, then you're not on the "six steps."
How can you be free if you don't follow the "six steps"?
By following the six-step release method, you can reach an extremely high state and even enter the "Nebikapa" Samadhi within a week.
If you drag out this process for a long time, then it will definitely not be included in the "six steps".

Lester tells you that one release is equivalent to several months of meditation, while a release only takes a few seconds.
This method is extremely efficient; it takes only a few seconds to achieve the same effect as months of meditation.
You can check out the "six steps" to see if you're in the right group.
If you are in the "six steps," your release will be continuous, and your pleasure will continuously increase as you make free decisions.
Decide not to stop until you achieve freedom.
Deciding to obtain everything you desire through release will also lead you to continuously release.

You'll have everything you want
until you reach the destination;
everything is everything.
You gain everything you want simply by releasing,
which also allows you to follow the six steps,
pick up any one of the instructions, and you will
be free.

First, you achieve what you want through the material world, and then you reach what Lester called "materialization and..."

The stage of "dematerialization"

If this continues, he can materialize
and antimaterialize matter, making it
appear and disappear instantly.
Simply by changing the mental image,
matter immediately changes and reaches
this stage, but further release is still
needed.
Karma that completely transcends the
material world, the astral realm, and
the causal realm, reaching infinite
existence.

Can Wang Yangming's philosophy of mind lead to freedom? (2020-12-16)

othi 2020-12-16 22:12:19

Can Wang Yangming's philosophy
of mind lead to true freedom? (Posted by
Feng on 2020-12-16 22:12:56)

cannot

A key aspect of Yangming's philosophy of mind is the classification of doctrines.

In his book *Instructions for Practical Living*, he vehemently demonstrated the differences between Confucianism and Buddhism/Taoism.

Those who interpret Wang Yangming's philosophy of mind as a
spiritual classic may not have even finished reading the complete
Instructions for Practical Living. (2020-12-16 22:17:26)

What is the core of Yangming's
philosophy of mind? @Fengfeng 2020-12-16
22:17:45

To cultivate conscience

The specific skill lies in "focusing on the One" and relying on Heavenly Principles . (2020-12-16 22:18:12)

Is conscience the true self? (Posted by Feng, 2020-12-16 22:19:30)

When practicing filial piety, one should focus solely on filial piety; when practicing brotherly love, one should focus solely on brotherly love. The concept of conscience originated from Mencius.

Yitian 2020-12-16 22:19:48

Is this the "sincerity" mentioned in *The Great Learning*? (2020-12-16 22:19:55)

Of course not

There's no need to study Wang Yangming's methods, because he wasn't a seeker of any kind of liberation.

Nothing 2020-12-16 22:20:31

What about the Analects? (2020-12-16 22:20:36)

The philosophy of mind originates from the mind.

Yitian 2020-12-16 22:20:59

So what level of enlightenment did Wang Yangming ultimately attain? (Feng, 2020-12-16 22:21:16)

Confucius was a great master, so Yogananda also hung his portrait in his church.

However, Zhu Xi and his followers only elaborated on the principles of righteousness and added some "states of meditation."

Nothing 2020-12-16 22:22:08

@Feng, can the Analects offer some relief? Feng 2020-12-16 22:22:18

The method was lost.

You won't find the method by simply reading the Analects. (Yitian, 2020-12-16 22:23:07)

From the perspective of emotional release, does Wang Yangming's philosophy of mind also involve the suppression of emotions? (Feng, 2020-12-16 22:23:25)

You could certainly say that. (Yitian, 2020-12-16 22:24:11)

What exactly was Confucius learning in his saying, "To learn and at due times to practice what one has learned"? (2020-12-16 22:24:45)

The learning of the Zhou Dynasty royal officials, the Six Arts of the Gentleman Relying on Heaven 2020-12-16 22:26:22

Can one truly reach a profound level by learning these things? (Wind, 2020-12-16 22:27:46)

No, this is just a matter of skill. (2020-12-16 22:28:17)

How did Confucius become a master? (2020-12-16 22:28:24)

The profound realm lies in the "Great Learning," taught only to a select few. (Yitian, 2020-12-16 22:29:30)

What is the difference between the "investigation of

things" in *The Great Learning* and the "investigation of things" of Wang Yangming? (Feng, 2020-12-16 22:29:56)

There is a big difference

The intricacies involved here would take a long time to explain. (Yitian, 2020-12-16 22:30:56)

Let me give you an overview first.

Wind 2020-12-16 22:31:04

From manifesting one's virtue to the investigation of things, and from the investigation of things to achieving peace throughout the world.

Yitian 2020-12-16 22:31:37

What does "thing" refer to? (2020-12-16 22:32:42)

everything

However, there are two aspects to this.

Yitian 2020-12-16 22:32:51

Things —

Investigating Things —

Investigating Things 2020-12-16 22:33:06

Everything has a beginning and an end, and all things have a root and a branch.

Wood 2020-12-16 22:33:13

Is it possible to release tension while watching a movie, for example? (Feng, 2020-12-16 22:33:29)

I don't engage in any recreational activities unless I want to get myself into a productive work environment.

However, when you watch a movie, if your focus is on the movie itself, and you're drawn in by the plot, then...

Release of law

Because you derive pleasure from the movie plot rather than from within.

The era of the Internet of Everything 2020-12-16 22:35:51

Does Teacher Feng know what state we're in? Who in this group is free to do anything?

Wind 2020-12-16 22:37:01

Give it a try. How will you know if you don't try? Anyone can be free.

But very few people actually want freedom.

Huixuan 2020-12-16 22:39:17

@Wind , can you lead us in a group release?

Wind 2020-12-16 22:40:50

Not bringing a group release won't help.

True help is using liberation as a method of self-reliance; one cannot achieve freedom by depending on others.

This goes against the grain.

The attempt to find power externally prevents one from discovering the true source of infinite power.

That's it ● ●

Yitian 2020-12-16 22:43:24

Since Confucius was a great master, he must have been free . (2020-12-16 22:44:00)

Although I can recreate Confucius's methods in Samadhi, almost no one in this era can use them. (2020-12-16 22:44:14)

Therefore, I will not do such work. (Huixuan, 2020-12-16 22:44:14)

@Feng Liuzu is Free Now? Tiancheng 2020-12-16 22:44:27

@Feng Is Confucius still helping others achieve freedom? Feng 2020-12-16 22:44:47

Huineng was free, and indeed, the Linji school had many free masters . Tiancheng 2020-12-16 22:45:37

Where is Confucius teaching now? (2020-12-16 22:46:06)

They were all in Xilanyaloka. (Xu Tao, 2020-12-16 22:46:09)

Lester recommends "An Autobiography of a Yogi," everyone should check it out when you have time. (2020-12-16 22:46:12)

@Wind, could you develop an even simpler method for all living beings to achieve freedom? (Wind, 2020-12-16 22:46:32)

112 methods .

In different eras, masters will reveal different methods. The most suitable method for this era is the release method.

The era of the Internet of Everything 2020-12-16 22:47:14

112 items. Are there any that are not self-reliant? Wind 2020-12-16 22:47:22

Therefore, the masters all left around 1952 .

Especially Yogananda, who chose to leave on March 7 , 1952 , and thus had to become independent .

on December 16, 2020 , only takes a few seconds.

The era of the Internet of Everything 2020-12-16 22:52:01

Oh, I feel like it's really hard for people to be independent these days. For example, how can I help others? Wind 2020-12-16 22:52:15

Truly helping others is about freeing your ego.

You will understand from a higher perspective what is best for someone,

rather than just providing superficial
help.
sense of ego
It's your mindset
The mind is constructed around the self.

Sui Le 2020-12-16 22:53:41
@Wind While releasing, we also use the method of love from Lester's book "The Power of Love." (2020-12-16 22:54:03)
no
In fact, Lester told you this in the audio.
He spent three months, including time for exploration.

He said that if he had known the six steps from the beginning, he would have spent a month or less, which would have been simpler or impossible.

If you can't do it in a month, or even two months, then freedom is impossible for you; you can't drag it out for very long. You can't say, "I'll do a little bit every day, and then I'll be free in ten years."

To truly implement the "six steps," you either need to resolve it within one or two months, or you'll never be able to do it in your lifetime. Because if you lack freedom within one or two months, then you're not truly on the "six steps."

How can you achieve freedom without following the "six steps"? Yes, the six steps are the complete map. You don't need to add anything else to it.

Huixuan 2020-12-16 22:56:19

@Wind, do you know our individual states? Am I releasing things correctly? (Wind, 2020-12-16 22:56:39)

That's definitely wrong. (Huixuan, 2020-12-16 22:56:40)

I don't know what I did wrong. (2020-12-16 22:57:11)

By following the six-step release method, you can reach an extremely high state and even enter the "Nebikapa" Samadhi within a week.

If you drag this process out for too long, then it will definitely not be included in the "six steps." Lester tells you that one release is equivalent to several months of meditation. A single release only takes a few seconds. This method is extremely efficient; it takes only a few seconds to achieve the same

effect as months of meditation.

You can check out the "six steps" to see if you're included.

If you are in the "six steps," your release will be continuous, and your pleasure will continuously increase.

The era of the Internet of Everything 2020-12-16 22:57:22

Part Two: Is this decision about freedom or

about releasing the wind? (2020-12-16 22:57:38)

Make a free decision

Decide not to stop until you achieve freedom.

On 2020-12-16 22:57:44

For now, can we ignore the first and second steps? We'll use them when we get to the pre-flow results.

These two steps

Wind 2020-12-16 22:58:04

When the Buddha sat under the tree, his
decision not to rise until he found the path
to liberation did not mean he neglected the
first and second steps.
The complete achievement of the first step requires pre-flow.
However, if you don't actively use the first and
second steps, you won't be able to achieve the
desired results. The six steps of pre-flow
preparation require your active implementation.
Then, once you've completely achieved the first step, the remaining five steps will guide you.
Therefore, the most practical approach for you is the teachings that Lester highly recommends.
get everything by releasing only

The era of the Internet of Everything 2020-12-16 22:58:18
I don't feel anything
about my goals right now .
(2020-12-16 22:58:44)
Because you always have something to want
Deciding to obtain everything you desire through
release will also lead you to continuously release
things you want until you reach the end.
everything means everything
Everything is everything

You gain everything you want simply by releasing,
which also allows you to follow the "six steps." Pick
up any one of the guidelines, and you will be free.

First, you get what you want through the material world, and then you reach the stage that Lester talks about: "materialization and antimaterialization ."
It's what Lester Levenson (The Sedona Method) showed you: getting what you want effortlessly.
Michael reached that
stage , but Lester
said he didn't
continue.
If this continues, he can materialize

and antimaterialize matter, making it
appear and disappear instantly.
Simply by changing the image in one's
mind, matter immediately changes and
reaches this stage, but further release is
still needed.
Karma that completely transcends the
material world, the astral realm, and
the causal realm, reaching infinite
existence.
I'm just repeating the complete map.

On 2020-12-16 22:59:01
Thank
you, wind! (Wind,
2020-12-16) 22:59:06
You're welcome
Keep it simple, follow these six steps

2020-12-20 Desire is a basic feeling, not a thought.

Wind 2020-12-20 11:45:23

No, I mean we need to learn how to release our emotions first.

学会释放情绪之后就可以学习释放欲望然后你就直接释
放欲望
不过要注意欲望是一种基本感受（basic feeling）并不是一种想法
它被释放掉之后，释放的体验会更深

2020-12-21 Don't resist your physical sensations, but rather release your desire for control.

Ming 2020-12-21 22:56:48

Teacher Feng has gone into seclusion; he has restored the original form of the Release Technique. (I am Infinite , 2020-12-21 22:57:26)

He didn't go into seclusion; he was already incredibly close to freedom, so why would he need to go into seclusion? He had already released all the "karma" from the material world.早

Ask him if you have any questions; he has plenty of time. (2020-12-21 22:58:30)

You've made it out of quarantine!

I am Infinite 2020-12-21 22:58:33

Try asking questions in the group; everyone can learn, no one is in seclusion.

No need to go into seclusion . (2020-12-21 23:00:06

I want to know what the wind is like right now. (I am Infinite , 2020-12-21 23:00:35)

You can consider it as him being free. (Ming 2020-12-21 23:01:14)

Wasn't he going to set up a center for the

original liberation method? Will that actually happen? (Posted on 2020-12-21 23:01:24)

Won't
Nobody in the group has asked him why he set up a center. Do you want to chat with him?

Ming 2020-12-21 23:07:39

I always practice releasing my emotions with my eyes closed. Is this an obstacle? It seems that closing my eyes is a symbol of returning to my inner self. How can I change this?

Wind 2020-12-21 23:10:18

This is something that wants to control.

Just release
it. (Ming, 2020-12-21
23:12:01)
OK, thanks
Jiang Guochun 2020-12-21 23:19:36
@Wind encountered a problem. After practicing release techniques for over two weeks, I've started feeling timid and afraid of everything I do. My mind keeps conjuring up images of some accident killing me. For example, while walking, I imagine a huge pit suddenly appearing and I falling into it. When riding a bike, I keep imagining a car suddenly hitting and killing me. When crossing a pedestrian crossing at a traffic light, I'm afraid a car will suddenly hit me. It seems like I'm developing a phobia. Before, I was only afraid of death when I had a certain illness, but now I feel afraid of death in everything. I think I've brought out my inner fears. Perhaps that's a good thing. People are asking me how to release these fears. How should I ask?
What about the question?
Peaceful and Free 2020-12-21 23:20:22
@FengKaixin saw Teacher
Feng arrive. (2020-12-21 23:20:38)
The question is still the same.
Can I allow myself to become more aware of this desire for
security? Can I let it go? (Peaceful Freedom , 2020-12-21 23:24:32)
What to do? Every now and then I feel like it's not my turn,
that unlimited freedom is such an awesome thing. @Fengfeng 2020-12-21 23:25:00
This is just an
idea. Jiang Guochun ,
2020-12-21 23:27:29
Sometimes I don't know how to ask a question? Sometimes my mind wanders, and I can't come up with a proper answer. But my chest and abdomen...
There is a reaction between them.
Wind 2020-12-21 23:28:05
If you learn it, it's very
simple, just two sentences.
Jiang Guochun 2020-12-21 23:28:46
I think I just want to be recognized. I've asked several times and

this is the same answer I get.

Allowing. Awareness. The desire for approval and the desire for control. Can I leave? These are the main words I used.

Question.

Wind 2020-12-21 23:30:46

The key question is whether you experienced a sense of release? (Jiang Guochun , 2020-12-21 23:32:20)

I want to meet you and learn from you. I feel insecure without a teacher. (2020-12-21 23:33:32)

I prefer to live in seclusion . (2020-12-21 23:33:33)

@Wind released for an hour this afternoon. At first, I felt indifferent and helpless, but gradually I felt full of energy during the release . Is this considered experiencing release? I'm not sure.

Wind 2020-12-21 23:33:50

If we have the chance, we
will meet. Please don't
think of me as your
teacher.
Just follow these six steps.
If you're unsure, follow the
procedure several times until
you are sure.
The feeling of release is very certain.
Sometimes it's not obvious, but it
won't stay subtle forever. (2020-12-21 23:36:41)
@The wind is actually quite noticeable;
the feeling before and after releasing it is very
different. (Wind 2020-12-21 23:37:07)
Then continue releasing
Peaceful and Free 2020-12-21 23:37:08
By the way, my question is, what exactly does continuous release
feel like? I feel it for a while and then it doesn't, and when it doesn't, I just
ignore it or fall asleep.
Wind 2020-12-21 23:37:34
True, sustained release means that feelings are
constantly emerging and being released. You won't be
without feelings, just less pronounced ones.
Ming 2020-12-21 23:38:32
@Wind, is it possible to jump directly from indifference to
fearlessness? Or must one ascend step by step? (Wind, 2020-12-21
23:38:45)
We're all doing this together now, but you should make a strong enough decision. You can do it in weeks, months . Therefore, all your desires should be focused on one desire—to free yourself from your mind. Even when you 're with others, you can continuously release yourself, all day long. You've probably all experienced this constant ebb and flow, this state of being constantly rising and falling . probably experienced the state where It comes up and floats out , comes up and floats Out.) It has to be done. Really , there's too much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of release, continuous release, look at the six steps. You must keep the release continuous.

Keep letting it rise and go all day long . You become aware of a feeling and release it. It's a bit like sitting and watching it, observing it .

It continues.

Shuxin 2020-12-21 23:38:50

@When the wind is released, the physical sensation is very heavy, for example, my throat feels very blocked. I feel it's hindering my answer. I always unconsciously judge whether I want to control it or not based on the intensity of the physical sensation. How can I overcome this ? 2020-12-21 23:39:11

Each release will send your feelings
soaring to a level beyond
fearlessness, but the underlying
heaviness will immediately follow.
It's like pulling out a tissue.
After drawing one, draw another.

Slight Warmth 2020-12-21 23:40:20

I want to ask, can even the most worthless person be free? I feel like I'm incredibly incompetent, incredibly incompetent, from birth...

Special dishes

This is just a feeling.

Wind 2020-12-21 23:41:20

Don't resist your bodily sensations, but rather release your desire for control.

If you're stuck, pay attention to the feeling of being stuck and release the desire to control it. (2020-12-21 23:44:10)

@Wind So, I first need to release the urge to control the tightness in my throat, and then go back to the feeling that caused the tightness in the first place to release it, right? Sometimes I'm just confused.

Slight Warmth 2020-12-21 23:46:01

Wind, are my true self and your true self the same? Or are they different? Wind 2020-12-21 23:46:18

Once you release what you want
to control, try it and see if
you stop blocking it.

Of course,
it's the same sentiment
expressed on 2020-12-21
23:46:59

@Thank you,

Wind 2020-12-21 23:47:41

You're welcome

Zong Zhen 2020-12-21 23:50:13

@Wind, can the release technique only be performed by the user themselves, making them free? Can it be performed on behalf of others? Wind 2020-12-21 23:50:59

Freedom must be based on one's own will.

Once you understand the path, the master can sometimes
be a tug-of-war for you because dependencies can arise.

Once you become dependent on anything,
you've strayed from freedom. (Zong Zhen, 2020-12-21
23:53:59)

@Wind If my family members are sick and in pain, and I want them to recover, will my family members' health improve if I release the desire to control them?

Wind 2020-12-21 23:54:40

Yes (compiled by Omi, note) Will my family's health improve ? It's just an image of yours . For a detailed explanation of this part, you can refer to Lester's explanation of the final step towards complete freedom. But you can choose not to watch it.

In short, the answer is that you can do anything you want to do. (Zong Zhen, 2020-12-21 23:57:04)

Can even my hopes for others be fulfilled? (Wind, 2020-12-21 23:57:43)

You can do it.

But you might not choose to do it.

After releasing your inhibitions, your intuition will allow you to see things more broadly. (Warm and gentle, 2020-12-21 23:58:44)

Wind, what does the Mahayana Buddhist practice of cultivating the Sambhogakaya, Nirmanakaya, and Sambhogakaya mean? (Wind, 2020-12-22 00:00:30)

The three kinds of gatherings mentioned in Buddhism

However, this theory is meaningless to explain. (Zong Zhen, 2020-12-22 00:01:19)

is it okay to release it directly without analyzing whether it stems from a desire for control or a desire for approval?
Sunny庄2020-12-22 00:01:28

Excuse me.

I set a goal for myself (on a material level). From initial despair, sorrow, and fear, I suddenly started experiencing a sense of fearlessness today. Should I continue to release this feeling? Should I focus on releasing emotions or controlling them ?
Wind 2020-12-22 00:01:53

When you become aware of it, you will recognize it and continue to release your basic desires.
Slight Warmth 2020-12-22 00:04:01

Teacher Feng, I'm a beginner and haven't yet determined whether I've learned the levels of feeling and emotion. I often get stuck trying to control my desires. Should I 早try to release my desires ?
Wind 2020-12-22 00:04:57

Learning to release emotions only requires releasing them once every two days, then releasing them again, and repeating this process several times.
Slight Warmth 2020-12-22 00:05:16

It's been so many days already. (2020-12-22

00:05:21)

Then you can learn to
release your desires;
there's no need to
complicate it.
Don't make it too
complicated. (Slightly warm ,
2020-12-22 00:05:32)

What to do
if you're
too lazy
and afraid
of
difficulti
es?
Wind 2020-12-22 00:06:00

Laziness is merely a feeling
It's Apathy 's emotional
state, warmed up slightly. (2020-12-22
00:06:21)

Don't want
to release it? (Wind,
2020-12-22 00:06:3)

Then the decision to release
One decision is all it takes to release yourself.

Slight Warmth 2020-12-22 00:06:56

good

Sunny庄2020-12-22 00:08:24

Is it releasing the emotions he brought up, or releasing the goal? (Wind, 2020-12-22 00:09:13)

Release is only about feelings.

Goal release, the most effective way to release the feelings brought about by the goal, is to release the basic feelings.

In other words, they want control and approval, and they want security.

Sunny庄2020-12-22 00:10:00

Even emotions like fearlessness, acceptance, and peace need to be released? (Zong Zhen, 2020-12-22 00:11:22)

@Wind, can I ask directly at any time: Can I release this feeling and leave? (Joyful Ode 2020-12-22 00:12:08)

Do I always need to check my mood chart when releasing desires? (Wind, 2020-12-22 00:12:24)

Complete the process

Allow yourself to become aware of your feelings, and then let them go.

Should we release even emotions like fearlessness, acceptance , and peace ?

No need (to always look at the mood chart when releasing desires.) (Ming, 2020-12-22 00:15:01)

Can @WindByronKatie's homework lead to a state of freedom? (A side note)

Peaceful and Free 2020-12-22 00:15:46

Sometimes I don't even know what the point of control is; it's just that my mind simply summarizes it as something to be controlled.

How to control the wind?

Wind 2020-12-22 00:17:16

Can Byron Katie's homework achieve a state of freedom?) Wind 2020-12-22 00:17:58

Try to feel the light.

(2020-12-22 00:18:06)

From now on,
I will specialize in
releasing wind.
(2020-12-22 00:18:48)

True masters are few and far between, and most methods are not truly free methods. To avoid unnecessary controversy, I will not comment on them one by one.

Wind 2020-12-22 00:19:16

When you attain the Samadhi of "Nabhikpa," you will know that there is a way to achieve freedom, which can be revealed by any true scripture.

Hao Qianqian 2020-12-22 00:19:47

After releasing, I always feel like burping or even vomiting, but nothing comes out; it's just the feeling of gas being expelled.
Is that correct?

Wind 2020-12-22 00:19:55

Therefore, once you get to that place as quickly as possible, all doubts will disappear and continue to be released.

The sensation of release and gas expulsion is unrelated .

(2020-12-22 00:20:35)

Was this Samadhi taught by Lester? (Feng, 2020-12-22 00:20:38)

The validation criterion for release is whether you feel more relaxed and happy. 早It was mentioned in the first part, but not again in the later parts.

This is terminology used in the science of yoga. Yogananda's books provide a detailed explanation, but I don't recommend reading such academic materials.

The complete map is contained in six steps. (Calm Freedom 2020-12-22 00:22:08)

@Wind, do I not need to read any more books? Can I just follow the original release method directly? Wind 2020-12-22 00:22:11

Everything you need to know in terms of knowledge can be found in the six steps to achieving freedom; all you need is this.

Nothing else is needed. (Hao Qianqian, 2020-12-22 00:25:20)

@Wind, is it just a matter of continuously releasing energy? Many times I succumb to reality and go about my business. Wind 2020-12-22 00:25:30

行动并不影响释放
行动会激起更多感受，在感受浮现的当下释放

Da Bao 2020-12-22 00:26:03

@Feng suddenly had a hunch yesterday that the brain might function like a 3D printer. If you try to make things manifest on its own, it will become a complete mess.

Wind 2020-12-22 00:26:29

These kinds of intellectual questions don't actually need an answer. The mind is only creative; it manifests what

you put in, but it is you who decides what to
put in a thought or feeling. You are
responsible for all of this.
One of Lester Levenson (The Sedona Method) 's key lessons is take full
responsibility
Therefore, remember that
it is you who are using
your mind so that you can
resolve it.
By releasing
Simply implement the six steps
All feelings can be
released using the same
process.

Leng Xiaomei 2020-12-22 00:36:33

Is physical discomfort
also a feeling? (Posted by Feng,
2020-12-22 00:38:33)

Physical discomfort is a bodily sensation.

It is a result

Therefore, by releasing the desire for control,

acceptance, and security aroused by bodily sensations,

you can...

I'm not offering guidance anymore. Trust in yourself; you can achieve peace and freedom.

(2020-12-22 00:48:33)

@Let the wind guide you.

The "eager release method " releases the desire for recognition, leading to an urgent need for boundless freedom and the release of the desire for control.

The desire for unlimited freedom is ultimately for the sake of a certain goal— then releasing that desire for control, and that goal brings about certain feelings again.

Peaceful and Free 2020-12-22 00:48:57

@The wind just kept releasing

Release process overview (December 22, 2020)

Wind 2020-12-22 00:50:08

让感受出来，然后觉察到它是想要控制和认同然后让
它离开
离开之后再看看现在浮现的感受是什么
然后再觉察到它是哪个基本欲望，继续让它离开
如果没有离开，那就是卡住，你就去注意这个卡住的感受，并且觉察到你想要改变它然后让
这个想要改变离开

Then continue releasing

用力、努力，都是想要控制
release takes no effort
其实你把感受按住是需要花费很大精力的
感受自己是想要离开的，你不用力压住它，它就离开了流程所
作的就是这样一个过程
允许它浮现，允许它离开

The process is as follows

方法很简单，方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让他们出去。
——莱斯特

Before the habit of repression outweighs the habit of release, you use questions to guide the process; once the habit of release outweighs the habit of repression, the process leads you.

How should we greet the target when they release information on December 22, 2020 ?

Da Bao 2020-12-22 01:35:59

Same question, how should we ask about target release? (Wind, 2020-12-22 01:36:11)

Same question

How do you feel about your goal?

Then release these feelings. (DaBao, 2020-12-22 01:36:30)

For example, I want this project to be profitable? (Feng, 2020-12-22 01:36:48)

Then you should see how you feel about it and then release it through the process.

Yongen999 2020-12-22 01:38:14

But it seems there are still many things hidden inside, scattered memories wrapped up within.

Wind 2020-12-22 01:38:37

After the release, the underlying sensations will surface.

Don't worry about memories, just release feelings, let each feeling surface and release it.

When you release one, the underlying feelings will automatically surface; you don't need to make any effort to dig them out.

Liu (2020-12-22) 01:39:15

Why can't I find my feelings? Is it because I'm too repressed, or because I'm not relaxed enough? @Fengfeng 2020-12-22 01:39:47

You don't need

to search for
feelings; you
already have
them.

Liu (2020-12-22) 01:40:11

But I can't
detect it?
What's going
on?

Chloe • 2020-12-22
01:40:20

A vague feeling

wind:

“Everyone is combining something else with release, and when you do that, you slow down the release. If you need something else, you slow down the method. You don’t need to chase after what you feel after you feel it; it’s with you all the time , and you’re running away from it all the time.”

You won't be unaware
Your "lack of feeling" is itself a feeling.
Vague or indistinct feelings should not be
ignored. (Liu Mouren, 2020-12-22 01:42:19)

Can you release
feelings even without
experiencing them? (Wind,
2020-12-22 01:42:27)

vague feeling

janaki&一kyu2020-12-22 01:43:00

@Teacher Fengfeng, hello, I have two questions I'd like to ask you:

1. When I was doing the release exercises, I was always releasing my emotions and felt quite relaxed. But later, when I tried to control and identify with them, I failed every time. I knew I was getting anxious and trying to control them. I found that the more I felt this way, the more I tried to control them, like an onion, layering them on top of each other. I never succeeded in releasing them.

2. Every time I go from feeling an emotion to deciding whether I want to control it or just accept it, it's okay. But when it comes to releasing that desire, the original emotion immediately slips back inside. I think, "Oh no, I've suppressed it. The desire to control has reappeared, but releasing that desire..." When I was making it, I just couldn't get the hang of it. I'm stuck there. I've looked at your chat history, but I still can't solve it.

Chloë 2020-12-22 01:43:51

Vagueness is also a
feeling . (2020-12-22 01:44:16)

"Simply release the stuck feeling, or even the vague feeling—you may not even be able to see it because you're trying to escape it, or at least try to change this vague feeling—whatever it is. Once it's gone, you're able to step back into the fear of death."

You described a stuck situation.
Relax, feel the feeling of being stuck, then
notice that you want to change it, and then
release the desire to change.

Bruce 2020-12-22 01:44:17

@Brother Fengfeng, I feel the same way when I look at my goals. I can't feel the desire I want. For example, it might seem impossible, and I feel utterly hopeless. But when I actually look at the goals I've written down, I can't feel anything. Is it because my understanding is vague?

Wind 2020-12-22 01:44:39

Any feeling you're unsure of is vague and unclear. This is something Lester specifically discussed in the... As mentioned in the way

Jamie Ye Minzhen 2020-12-22 01:44:47

@Can you use the same questions you ask yourself about being stuck, even when the wind isn't actually stuck? The reason your feelings are unclear is because you're avoiding seeing them.

No need for this

Don't try to control or release it.

jing.jing 2020-12-22 01:45:55

Why am I still experiencing so many setbacks after releasing my pent-up emotions for so long? (Wind, 2020-12-22 01:46:00)

How long do you release it each day?

Bruce 2020-12-22 01:46:02

@Wind I have another question: how do you determine whether all the emotions and feelings stem from a desire for control or a desire for recognition?

This question has been bothering me for a long time. Why do I always feel like I want to control the wind? (2020-12-22 01:46:15)

If you can't figure it out, there's no need to try.

You notice that you want to figure it out, which is a desire to control.

Bruce 2020-12-22 01:46:18

Yes

Wind 2020-12-22 01:46:22

Once you release the urge to control, you'll be able to recognize your feelings.

Bruce 2020-12-22 01:46:31

[Clenched fists] Thank you

What was the original version of the release method as of December 22, 2020 ?

Wind 2020-12-22 10:13:16

If you are still unfamiliar with this, I can explain what the original version of the release method was all about .

After Lester's death, his invention of the "release method" split into several branches, the two largest and most popular of which were probably those of his student Larry Crane . Crane and Hale Dvorakin Dwoskin). Crane, formerly the agent of Hollywood star Joan Collins , possesses a confidence level approaching that of Donald Trump. Trump), the kind of person who can quote the Book of Mormon (the Book of Mormon was sold to Mormon salesmen. He then established his own Release organization in Southern California, primarily focused on developing prosperity consciousness , which he called " The Release Technique ." Dvorakin, more as a guide or master, helps you experience your inner divinity , maintaining Sedona in Phoenix . Method The "fortress" (he l d) down the Sedona Method "fort " in (Phoenix) . During his lifetime , Levinson managed the institution in Phoenix with the immense help of the tireless devotee, Virginia Lloyd. In fact, it was Lloyd who developed most of the instructional techniques and syllabus, which later became the basis for the "Sedona" system popularized in New York City and many other cities. The "Method " system was finally implemented in institutional teaching in Phoenix in 1981 .

Later, Dvorakin moved his teaching to Sedona . It should have been very successful until the Great Recession , at which point he withdrew. He was the CEO of the

Sedona Training Association , which was originally called the New Age Freedom. Age marketer Christopher John Payne With their help, it was renamed. Other branches were created by Levenson-Lloyd. Kate, a student Freeman and Rick Solomon They founded the 'Release Center' around 2015 to help the world . Center For Releaseing) and created a website of the same name. There are probably at least 100 people teaching the original version of Sedona . Method Courses were offered, and based on their experiences, books were published, or information was simply posted online to offer assistance: Several of these 100 or 200 are Annrika. James , Steve Seretan , Tim McCavitt , Janet Bechtel , Annie Sobchart , Dearborn Clark , Ron from Phoenix Perla , Michael from New York Kline , Pamela , Seattle Wilson , Alan of Tucson Rasmussen With Jeanne from Los Angeles Fitzsimmons . Some people, however, consider the original...

Sedona Method Some were left behind; others were slightly modified; while some , especially Crane , were overdone . Some have left Sedona Method behind; some are lightly active; some, especially Crane, are hyperactive.）

This is to get high. A section in release
Lester: Okay, you should be free now. I said it would take you three months, or less, if you followed the six steps .
I know this because it took me three months, and I didn't have six steps. They developed as I went along with it .

I believe that if I start with the six steps, I can complete it within a month. It doesn't take time because "you are that." You are that limitless being; wherever it is, it is your being.

This is the way 6

In Buddhism, meditation has eight stages.
The first four stages are the realm of
form, meaning the state of consciousness
is in the realm of astral light. The
last four stages are the realm of
formlessness, meaning the state of
consciousness is in the realm of
causality.
In the science of yoga, samadhi is described as a
temporary retreat of the mind into the background, a
contact with infinite consciousness, but because the
seeds still possess power, it is pulled back.
This is called "Sabi Kapa" Samadhi, which is the Samadhi with seeds.
The "oneness experience" that people talk about is due to
different levels of consciousness, being in different stages of "meditation" or samadhi.
Samadhi has different meanings in Buddhism and Yoga science; here I am using the definition from Yoga science.
Lester had known about Hale and Larry's inclinations for many years, which is why he rarely discussed ultimate freedom with Hale.
topic
He favors Stephen.
to Stephen a lot, and I often push him and am extremely strict with him.
Unfortunately, despite trying his best to remember Lester's words, his over-reliance on Lester ultimately brought him to a halt.
No progress
Stephen is a niche release
spell teacher and also a
student of Lester.

Everyone will do what they are supposed to do.
Haier and Larry's changes are suitable for most people who don't want to embrace freedom, so there's no need to promote or suppress these ideas.

The era of the Internet of Everything 2020-12-22 10:16:20
Can Haier solve real-world problems? The group owner was released 8 years ago, but is still stuck.

Wind 2020-12-22 10:16:54
This depends on how
you understand the
three basic desires of
a problem = problem
The problem is never outside.
The driving force of the mind needs to be released before the mind can disintegrate in the era of the Internet of Everything. (2020-12-22 10:17:19)
His question is about ultimate freedom, isn't it?

Xu Tao 2020-12-22 10:17:33

The author of the book "[Document: Me and Lester Levenson (The Sedona Method)]" is Stephen.

Wind 2020-12-22 10:17:41

Even if it's just a temporary lull, the seeds will still work . Yes, that's from Stephen 's book.

He wrote on his personal website, "Some outstanding students have made additions and modifications to the release method, but I think those modifications could only weaken the great power of this concise method."

This is also Stephen 's statement.

Therefore, he is the true 早 propagator of the original version of the release method . (2020-12-22 10:18:00)

Does "seed" refer to a belief system or desire? (2020-12-22 10:18:25)

I read what he said while I was studying abroad, which is why I started looking into Lester Levenson (The Sedona Method) 's direct mentorship and Sedona's. institute

The original version

desire

Lester repeatedly said in the audio that if he had known the six steps back then, he could have completed the entire process in just one month , not three months.

However, the domestic release law materials do not include those later audio recordings, so many people are not even aware that Lester said those things.

These words

Therefore, I hope to translate some of it in.

Everyone is free at any time, depending on their own decisions, but Lester can know the inclinations of some

people.
He will be very strict with people who are favored or viewed favorably by him.

He was very gentle with those who were inclined to do bad things and were almost certain to go astray, rarely trying to correct them.

For example Kate Freeman , Haier, and Larry

Because their inclination towards freedom is not strong in this life.

[Link: Lester's Explanation of the Release Method]
[https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ
] This is my latest translation; most of you have probably seen it.

Lester's explanation of the release method

Anything you develop in your mind will prevent you from reaching the top. The mind is your greatest enemy. All this suffering is meaningless; I've had enough, and I'm ending it. I will dedicate myself to maintaining this state.

It will take a month, maybe two months, before you release all the agflap . But all in all, I believe we have the only way to release the mind by bringing subconscious programs to the surface, thus allowing the mind to become still .

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear— you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them . You're too low right now to attack the desire for security. You're overwhelmed, you're terrified of death, so you let it run its course. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

But as you can see, our method is actually about unleashing the mind's drive. Don't try to develop your mind; by doing so, you are developing your enemy, developing what binds you.

What happens when the mind is completely still? Well , I've always been omniscient; I've always known everything. But you have to release the habits you've developed 24/7 to survive—we call them agflaps . When you let all the agflaps go, the body is still there, and the world doesn't disappear, but it's like a mirage. You move forward and find it's just a desert. You let the body do what it was before, whatever that was. But you don't disappear. You're too afraid of losing your bonds.

Everyone is combining release with other things, and when you do that, you slow down the release process. If you need something else, you slow down the process in terms of method.

You don't need to chase after your feelings after you've experienced them ; they're with you all the time, and you're running away from them all the time .

The first point is about survival; there's nothing more foolish than working just to make a living. You are eternal. Let me be blunt with you : becoming number one in entertainment is trying to become the strongest version of yourself. And then you see what happens to them? Burt Reynalds, Glenn How happy was Ford ? I can only talk about my contemporaries; I don't know who's popular now. How happy were they? Did you know them? Did you talk to them? They were more

miserable than a worker. They did drugs, and despite knowing they shouldn't, they got hooked. They drank heavily, and they were addicted. Some of them committed suicide. They were undoubtedly the ones who gained fame and fortune, and then they committed suicide. Some others did it later. Judy Garland did it later.

Well , who doesn't die? Where will the new prince be a hundred years from now? Walking around in front of the crowd ? (Laughter)

Unfortunately—and you might have to be very careful about this—the most successful people don't gravitate towards freedom. And the wealthy people I've talked to , they can feel a sense of security around me that they don't have. They tell me they want it too. But when it comes to attending courses? They can't attend. They look at me with disdain. They've made millions. I want them to think I'm poor because it's precisely those millions that are holding them back, especially the wives of wealthy men.

I was once invited to a high-society party in New York, where I met with them. They asked me, "Can you help us ?" I said, "Yes, but you should know that money isn't everything." At that point, the curtain would fall, they would leave , abandoning me to stop wasting my time.

But these wealthy people have this mindset: "I can do it easily, I'm successful." Of course, if you can consciously use it to demonstrate that you are the master of the world, that's what I recommend. When you become the master of the world, receiving all the praise like our stars, you can't stay there. You have to move towards mastering your mind. Look, first you master the world , then you master the mind, and then you are a master.

What is mastering your mind? It's simply removing your agflap . Then you truly control your mind; you can act out any feeling, and any action you choose is taken without any hesitation.

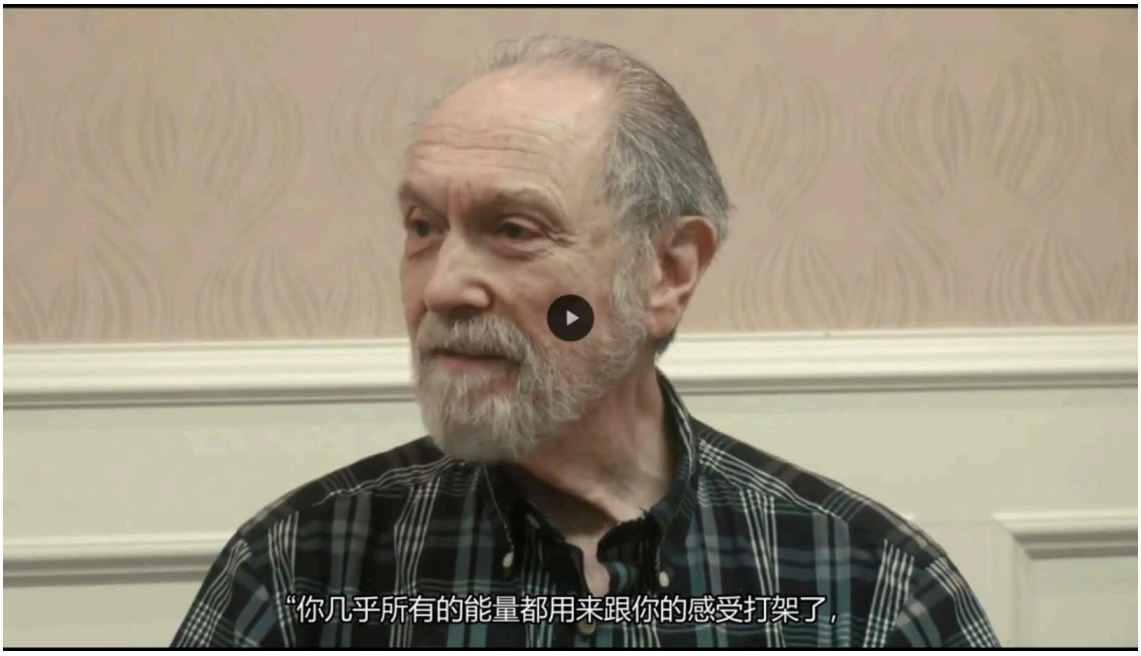
Once you're free from your agflap , you can act out any emotion, much better than when you had it . And when you're in the world, you can use them to communicate.

If someone is extremely angry, and you say, " Oh , what a wonderful world! Everything is so beautiful!" they won't listen to a word. But if you start saying, " Oh , yes, blablablabla ," they will listen to you.

Once you are free, you will play, act out feelings, and establish communication with others. You must be at this level for them to communicate with you. So sometimes you will still use feelings to communicate, but the difference is that feelings will no longer operate on you; instead, you will operate on feelings. However, now feelings operate on you.

Lester Recordings on the Mind , translated by group member "Wind"

2020-12-22 Because meditation only makes the mind feel better on the surface.



Ultimate Freedom 2020-12-22 11:10:59

"You're using almost all your energy to fight your feelings." - Wind, 2020-12-22 11:11:39

This is Ralph

He was also a student that Lester Levenson (The Sedona Method) highly regarded.

Regarding the release method, he has always maintained a free teaching approach to ultimate freedom. (2020-12-22 11:12:24)

I've been suppressing too much, I'm exhausted, I'm sleeping a lot, but I'm still not in good shape. (Wind, 2020-12-22 11:12:43)

He said that Lester Levenson (The Sedona Method) had never charged him a penny in all those years of teaching, and he, in turn, never charged him, a student who had followed Lester Levenson (The Sedona Method) from his early days to his later years.

The date indicated is December 22, 2020, at 11:13:12.

He didn't gain his freedom either?

Is it also because
the inclination towards freedom
is not obvious? (Wind, 2020-12-22
11:15:03)

No

He has a tendency towards freedom.

A person can stop at any time
You could fall out of the six steps at any time.

A day after Lester Levenson (The
Sedona Method) 's death, someone
appeared before him, encouraged him,
and said one sentence to him.

"It's either do it or don't, but I
hope you do it." (Ultimate Freedom, 2020-12-22
11:15:55)

Unless you release the three major desires, you will continue to suffer—I think this is what Lester and Stephen said.

What was said

Wind 2020-12-22 11:16:05

Um

These are some of Lester Levenson (The Sedona Method) 's favored disciples. Later on, Lester Levenson (The Sedona Method) only recommended casting spells.

You can check out Go. all the Way 's video Lester Levenson (The Sedona Method) did not humble himself during those eighteen years, therefore his 早teaching was ineffective.

Wind 2020-12-22 11:16:50

"The Road to Ultimate Freedom" is 早an audio compilation dated December 22, 2020, at 11:17:12.

he 早recommend the method in "The Ultimate Path to Freedom"? (Feng, 2020-12-22 11:17:48)

He hasn't yet summarized the release method.

Alternatively, the fastest method is to directly identify "Who am I" as [the answer provided in the original text, which appears to be a date or timeline and is not directly related to the preceding sentence about "2020-12-22 11:17:50"].

Are there no other ways to achieve freedom? (Wind, 2020-12-22 11:17:59)

However, almost no one on this planet can use methods that are less efficient than release methods.

For example, meditation

Lester早evenson (The Sedona Method) previously recommended Kriya Yoga and meditation.

He later discovered that just one release was
equivalent to several months of meditation,
because meditation only makes the mind feel
better on the surface.
After he obtained the concrete manifestation of the
liberation method from inner guidance, he taught his
students the six steps to write down the perfect map.
After that, all his teaching focused
on the identification of the release method.
(2020-12-22 11:18:16)
Oh, thank you for
your answer, Mr. Feng .
(2020-12-22 11:18:30)
You're welcome
The date indicated is December 22, 2020, at 11:18:39.
Did any of Mr. Lester Levenson (The
Sedona Method) 's disciples gain their freedom?
(Feng, 2020-12-22 11:18:48)
have
sedona There was one in the institute , but he chose to live in seclusion.
Later, Larry's student Kam , after listening to the Lester audio that Larry
sold, also used the six-step method to reach...
The finish line

Miracle CN+ + 2020-12-22 11:18:51
I'm still feeling suppressed, unable to release the desire for change. It's
about allowing myself to fully express this suppressed feeling.

Huh?

Ultimate Freedom 2020-12-22 11:19:14

What does "descend" mean? Does it mean that something infinitely descends into the body?

The date indicated is December 22, 2020, at 11:19:56.

those who were free chose to live in seclusion .

Wind 2020-12-22 11:20:07

Kam 's articles are widely circulated,
and most people have probably seen
them, which have been reduced to a
level that is understandable to the
general public.
Lester Levenson (The Sedona Method) 's previous state meant he was unable to communicate with the public.
You say, "I'm annoyed, I have a problem." He says, "No, I see you as perfect." Hmm.
Allow yourself to see the feeling of being stuck, allow yourself to become aware of this desire for change.

Tiancheng 2020-12-22 11:21:18

A letter left by Kam after achieving freedom through the six steps of the release law]

[https://mp.weixin.qq.com/s/FD1j2jjiTFBsiRaO_IP62A]

(Tiancheng has already deactivated its WeChat official account; the linked content is no longer visible. Editor's note: Omi)

Kam A letter from Bakhshi —From release to freedom

If you are interested in spiritual growth and development, you might want to know about Sedona. Did Method actually make Lester... Others besides Levenson have reached the state described by terms such as "enlightenment," "return to one's true self," "union with divinity," and "liberation and freedom."

Ten months ago, I was in a discussion about Sedona I saw an article on the Method forum that answered this question, but before that I never felt the need to give this to students with zero resistance. However, for some reason, I've

recently had a strong urge to translate that article...

As the saying goes, when inspiration strikes, you must act on it, so I flipped through it. Please see:

---------- The text within the dotted lines is a translation of the original post.

Title: Reaching Freedom

Posted by: tom on April 01, 2008, 02:01:17 AM

It seems there will always be someone who criticizes Sedona. Method has its doubts because, apart from Lester , they haven't heard of anyone else achieving liberation through this method. Therefore, they want to know if anyone has actually reached the same state by learning the various principles taught by Lester . The biggest problem in figuring out if others have achieved liberation through release is that after those people realize true freedom, they enter into true joy and no longer need to be doers.

When you awaken, you don't necessarily automatically become a mentor, a master, or someone eager to teach others everything you've discovered. In fact, the opposite is more logical: when you are in true joy, all you want is to remain in that state.

If you want to teach others, you have to lower yourself to their level to teach them effectively. From what I've read about Lester , he secluded himself to enjoy true joy for many, many, many years before deciding to begin teaching. I think most people, after awakening, would rather be invisible than a teacher. Therefore, many people have likely achieved liberation through Lester 's method, but we just don't know it.

However, I know a man who, through Sedona Method , who attained a state of liberation in 2003 , is British and his name is Kam. Bakhshi. I'd like to share with you excerpts from a letter he wrote to me after his liberation :

> "I want to share some things that happened to me to encourage you to continue to release yourselves in order to reach a state of liberation and freedom."

The mind has become still . "So what?" you might ask. Let me explain: there is no more worry, doubt, self-blame, or anything like that ; only a pleasant peace remains. Whatever happens, maintain a deep stillness. Whatever is happening right

now, remain in that state of stillness. A state of pure being. The mind can no longer affect me. It comes and goes, but I know it can never have any influence on me again.

Kam came and went (translator's note: referring to his ego), and that was fine. I was in a deep stillness, like in a deep sleep, so beautiful, so peaceful. You really have to experience it to believe it.

Seeing the true nature of the tangible world: a dream, or rather, a play. The drama continues, and I merely observe, like sitting in a movie theater. Everything is okay ; there's no need to change anything, because everything is presented as it should be.

Right now, everything is perfect.

You begin to see everyone as part of yourself. There is no one else in the world, and there never has been. There has always been only one, and we are that "one." There is no longer any binary opposition. Nothing has ever happened, and everything is happening. A sense of "coming back" to continue the game arises, but this time it's purely for fun.

I do nothing, and I have never done anything. There is only beingness. Lester and every master throughout history have been with us, every single moment; we only need to call upon them.

> Now all is quiet. Things may happen or they may not happen, but it's all neither related to me nor to me.

I will encourage everyone who has this method to continue making releases. We always start doing it for a while, then stop, then start doing it for a while, then stop, then start doing it for a while again, then stop, and so on, endlessly.

The reason for this is that a decision has not been made. Once a decision is made, the kinetic energy for release can begin to accumulate, and the release process becomes increasingly easier.

The biggest problem is: you don't actually want liberation and freedom. You may enjoy talking about and thinking about liberation and freedom, but honestly, you don't really want it. If you truly wanted it, nothing could stop you. The truth is, you'd rather remain immersed in misery; you're far too fond of the stories and suffering you've created for yourself. Take a good look inside yourself and see if this is true.

Understand what the mind truly is, and stop being a fool and equating yourself with garbage. Let it tell its story; it has nothing to do with you.

The peace and inner release you will experience are indescribable. It is a lasting peace; various situations and dramas will still occur in the physical world, but that peace will always be there.

I urge you to continue the process of release. Love yourself more, be gentler with yourself during this process; you are the same as me, there is no difference. I am sharing this with you to encourage you to continue to the end; to end all suffering once and for all.

He also wrote:

> Review the "six steps" repeatedly. They contain everything you need to know; they are like a map to liberation and freedom.

It will put you on the right path. Everything you need to know at the knowledge level is contained in the "six steps".

First, you must ensure that you have reached the first step—that is, the degree to which you desire liberation and freedom must exceed your desire for this physical world. If you can achieve the first step, nothing can stop you. Please make sure you meet the first requirement.

The second step is to make the decision to be free and at ease. To be free and at ease requires only one decision. As an infinite being, you can certainly decide at any time to discard all of this.

Speak less, try to be quiet and remain quiet. Every time you feel the urge to speak, acknowledge your desire for approval, control, and security, and release them.

Reduce your screen time (TV, radio, newspapers, etc.) and instead identify

the ways you're trying to escape and release those emotions. Eat lighter

meals whenever possible; we often use food to suppress our feelings.

Try to avoid drugs and alcohol, because those are things we often use to suppress our feelings.

Sedona The fourth step of the Method is continuous release, and for me, this step is crucial. Try to spend more than 50% of your waking hours releasing. This means you'll spend more time being your "id" than you'll spend being your inappropriate "id." If you do this, your mind will detach; if you do this, you'll start to find it strange to live in your own head, and you'll find yourself increasingly residing in your "id."

Remember, you are already completely free. Whenever you find yourself having thoughts that you are not yet free and at ease, let them go. Remember, it's just a thought.

Reciting scriptures is not recommended as of December 22, 2020.

Happy Time 2020-12-22 12:03:04

@Wind, going to the store stirred up a lot of feelings of resistance and unease in me. It might be a sense of lack, an inability to release the urge to control. So, is it okay to allow feelings of resistance and the urge to escape to be fully expressed?

Qingxi 2020-12-22 12:03:12

Teacher Feng, could you explain the "Who Am I?" method in more detail? (Feng, 2020-12-22 12:03:29)

Allow it to express itself, then release it.

This method involves focusing intensely on the question "Who am I?" with an extremely strong desire to know the answer, until you...

Until the answer is obtained

The answer is that it exists infinitely, not because the mind gives it up, but because you directly experience that almost no one can use this method.
Because your interest in knowing the answer doesn't last long.

Xu Tao 2020-12-22 12:03:40

Perhaps no one in this era can use it? The koan practice in Zen Buddhism is a similar method . (2020-12-22 12:04:10)

You will use it as meaningless meditation, and you will not be able to sustain the problem in meditation. The method of Linji Zen is similar.
The Silent Illumination Chan of the Caodong school is different; the styles of various schools of Chan Buddhism are quite different.

Qingxi 2020-12-22 12:04:18

I think I briefly experienced that state, a state where I automatically detached from mental processes, a state without a single thought. (Wind, 2020-12-22 12:04:29)

This is where things are easily misunderstood.
(Qingxi, 2020-12-22 12:04:48)

Without any force, without a single thought . (2020-12-22 12:05:00)

You can easily mistake a certain state of meditative absorption for an infinite existence.
There is a lineage in Zen Buddhism that allows for freedom.
This method is the Ramanamahashi method, which explores "Who am I?"

Qingxi 2020-12-22 12:05:11

So who am I? It's the same method as the continuous contemplation in Zen Buddhism, right? (Feng, 2020-12-22 12:05:41)

Once you know this, you'll
understand that
everything is the same.
But you've already misunderstood something above.

When you truly come into contact with infinite existence, you will know that it is infinite existence, and you will briefly attain omniscience. (Qingxi, 2020-12-22 12:06:00)

Is my misunderstanding that I'm consciously maintaining and pursuing this state of tranquility free from thoughts?

In reality, it is an unconscious and natural process that leads to infinite existence, even if it is only for a brief few seconds. In other words, it doesn't require a state to be "attained," but rather it is a state that is already present.

On 2020-12-22 12:06:04

@Qingxi You may have just reached a meditative state, like the first stage of Zen. ● ¨ vwind 2020-12-22 12:06:11

You need to know the answer.

Happy Time 2020-12-22 12:06:21

Thank you! Your reply has reassured me a bit about my cautious exploration! It seems I was too impatient; allowing it to fully express itself was crucial. [Happy]

Sunn 2020-12-22 12:08:08

@Brother Feng, do you know why you can't seem to release all your emotions? Feng 2020-12-22 12:08:11

Knowing your infinite existence, you will then know everything and release your basic desires.

Qingxi 2020-12-22 12:08:18

This is what it means to let go of your thoughts, right?

The date indicated is December 22, 2020, at 12:08:36.

Mr. Feng, is the essence of our existence awareness itself? Or rather, the thing that enables you to be aware? (Feng, 2020-12-22 12:08:45)

Complete mental stillness

Existence is the "I" that cannot be described by language or words—the "I am."

Qingxi 2020-12-22 12:09:04

@Teacher Fengfeng, when you talk to us, your mind is also in motion, right? Does this affect your experience of infinite existence? Feng 2020-12-22 12:09:09

No impact

If it's "Sabi Kappa" Samadhi, it affects ultimate freedom. (2020-12-22 12:09:41)

What is the principle behind the effects or benefits of continuously reciting scriptures, such as the Heart Sutra? @Feng I have a client with Parkinson's disease. A Buddhist said it was a karmic illness and advised her to recite scriptures, saying that crabs and toads were attached to her feet and that reciting scriptures would make them leave. In addition, that person also had some spiritual power, which helped alleviate some of her Parkinson's symptoms, but she still cannot walk normally.

Wind 2020-12-22 12:09:44

"Nebikapa" Samadhi is when the seed ceases to function, and all contact

with the external world is not based on reaction.

Qingxi 2020-12-22 12:10:13

Oh, is that based on perception? [Facepalm] Wind 2020-12-22 12:03:04

In the initial state of contact with God, Sabikapa Samadhi (Sabikalpa s a mad h i) , the consciousness of the devout is integrated into

The mind of the universe; his life force withdraws from the body, appearing as if "dead" or stiff and motionless. But the yogi is fully aware of the cessation of bodily function. As he progresses to the higher spiritual state of Nabikapa Samadhi...

(nirbikalpa) (sam a dh i) He no longer needs a fixed body; in his daily conscious state, even in the midst of arduous worldly work, he is one with God. (Note 11)

Let me answer you with Yogananda's autobiography.

The difference between these two states is that in one state, the seed still functions even after contact with infinite existence, while in the other, the seed no longer functions.

I do not recommend chanting scriptures.

By giving power to external things, you are giving up your own infinite inner power.

Ultimate Freedom 2020-12-22 12:11:13

Okay, thank you. Then I should probably throw away my Great Compassion Mantra water cup.

[Grinning face] Qingxi 2020-12-22 12:12:04

Furthermore, if the seed no longer functions, can it be understood as transcending the constraints of causality? (Xu Tao, 2020-12-22 12:12:18)

@Wind, which chapter does this passage appear in? I'm reading "An Autobiography of a Yogi" and haven't reached this part yet. (Wind 2020-12-22 12:12:28)

You can no longer turn the world around; the seeds are no longer effective. My attachment to self has dissipated. (Qingxi, 2020-12-22 12:13:00)

Does the causal relationship still exist? It probably still exists, but we're no longer attached to it! [Facepalm] Wind 2020-12-22 12:13:24

The chapter on the science of Kriya yoga

Some karma will remain.

"Why doesn't a master simply erase all his karma when he's united with God?" I asked.

"That's because in that state you don't care at all. You see it all as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who reach this level might even deliberately retain a little bit of karma to keep themselves bound to this level for a while, for a higher purpose. Once you reach the highest state, Nirbikalpa..." When you attain enlightenment (as described in the poem) , the ego-consciousness ceases to exist. You are essentially free.

"Master, what is it," I asked, "that allows a soul to return to the world after attaining ultimate liberation?" He replied, "That it still retains the desire for non - desire . " (desire) to help others.

To answer you, I'll use the book of Venerable Kriya Nanda, which records the words of Yogananda.

Guo Xingxing จบ 2020-12-22 12:14:22

How long did it take
you to reach ultimate freedom ?
(2020-12-22 12:14:29)
I have not achieved ultimate freedom
I've only reached the
"Nabhikpa" Samadhi; that's
enough before that.
Even if you succeed, you don't need to stop.

On 2020-12-22 12:14:45
@Wind I have a few questions about the operation .

1. When I'm walking or working outside, I still can't use the release method properly, so I use the ear-root perfect penetration method I practiced before to listen to the sounds outside and artificially control the creation of the mind root.
Does this count as adding something to the original release method?

2. During the release, I discovered that when I intentionally tried to feel the pleasure of release, this pleasure would appear out of nowhere . (Previously, my attention was focused on feeling the energy flow in my chest and abdomen .) After observing the physical sensations, I turned back to feel the present moment. Originally, there was no pleasure at this time, but when I asked myself if I felt pleasure, pleasure would immediately flow out out of nowhere.
I experimented many more times and found that sometimes, simply asking myself "Do I feel pleasure?" would release it. Is this the correct way to release it, and does it align with Part Six? [Clenched fists]
Wind 2020-12-22 12:15:04
Calculate
[Link: Lester's explanation of the release method
https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ] "Everyone is combining release with other things, and when you do that, it slows down the release. For example..."
If you need something else, you slow down in your approach.
Can

On 2020-12-22 12:16:51
@Wind , do you mean my question 1 counts? And my question 2 counts too?
@Wind didn't quite understand [囧]
@Wind2. During the release, I discovered that when I intentionally focused on feeling the pleasure of release, this pleasure would appear spontaneously . (Previously, my attention was focused on feeling the energy flow in my chest and abdomen .) After observing my physical sensations , I returned to feeling the present moment . Initially, there was no pleasure, but when I asked myself if I felt pleasure, it immediately flowed out spontaneously. Later, I experimented many times and found that sometimes, simply asking myself "Do I feel pleasure?" would bring it.
flow out.
Is this the correct release? Does it align with Part 6? [Clenched fists]
Wind 2020-12-22 12:18:12
You will feel more joyful after releasing it.

Can xxx be achieved by 2020-12-22?

Wind 2020-12-22 20:56
questions like "Can you do xxx? ", I hope you will remember a quote from Lester.

every impossible, no matter how impossible, become immediately a possible, as you

completely released on it.

Every impossibility, no matter how impossible, can instantly become possible, as long as you fully unleash your potential upon it.

Lester Levenson (The Sedona Method) City cancelled the agreement on December 23, 2020.

The reference is for the month of 2020-12-23 10:10:00.

Why didn't Mr. Feng achieve ultimate freedom? (2020-12-23 10:10:12)

When you reach the Samadhi of "Nabhikpa," you will receive inner guidance identifying you as [the moon]. (2020-12-23 10:10:23)

Is it permissible to disobey this guideline? (Wind, 2020-12-23 10:10:30)

Why doesn't a master simply erase all his karma, I asked, "When he is united with God?"

"That's because in that state you simply don't care anymore. You see it all as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who reach this level might even deliberately retain a little karma to keep themselves bound to this level for a while, for a higher purpose. Once you reach the highest state , ' nirbikalpa sa m adhi , ' ego- consciousness ceases to exist. You are essentially free."

"Master, what is it," I asked, "that allows a soul to return to the world after attaining ultimate liberation?" He replied, "That it still retains the desire for non - desire . " (desire) to help others.

Wind 2020-12-23 10:10:39

Yes, Lester Levenson (The Sedona Method) City cancelled the agreement on December 23, 2020 at 10:11:20.

> No way, in his student's article, Mr. Lester Levenson (The Sedona Method) 's agreement was a dissemination and release law .
>
> He wanted to leave immediately after being freed, but was stopped by a large golden hand that showed him the previous agreement .

Wind 2020-12-23 10:11:46

He told me that this was actually his "karma" that forced him to promote the "Saint Dona" liberation method to the world. Just as he was about to gain freedom and sweep away the last remnants of the ego and mind, a large hand appeared before him, preventing him from leaving this world completely and showing him an agreement he had made before coming into this world.

Of all the stories of Indian masters I've read from Yogananda and others, I've never heard anything so outrageous . A "Great Hand" appearing, replaying a cosmic agreement? My next question is obvious: With whom was the agreement made?

I thought about it humorously: what if Lester said no? "I'm canceling the agreement now, forget about it." I still don't know what's going on, but I guess the most likely explanation is "beingness" or the true self. I know Lester would say to me, "Be free, and then you'll know." I guess that's all I can think of.

Wind 2020-12-23 10:12:40
He cancelled
the agreement. (Tiancheng,
2020-12-23 10:12:55)
What agreements did
Lester Levenson (The Sedona Method
) City cancel? (2020-12-23
10:13:16)
He was finally liberated
after agreeing to return
and help his students.
That is, he became Paramukta

It incorporates infinity
When you attain the Samadhi of "Nabhikāpā," you are essentially free because the sense of self has dissipated, and every action you take is no longer based on self-preservation, karma, or ultimate liberation.
Yes, he canceled the agreement to spread the law and help more students, but in reality, it wasn't mandatory, so it could be canceled.

Huixuan 2020-12-23 10:15:16
@Wind , there's no agreement between you and us, why don't you just leave?

The date indicated is December 23, 2020, at 10:15:38.
But Mr. Lester Levenson (The Sedona Method) has already spread the word about the release law. (2020-12-23 10:15:45)
My agreement is to help as many people as possible achieve the true liberation of the "Nebikapa" Samadhi, and this method will only be disseminated to a small group.

Miracle 2020-12-23 10:15:59
,I really want to see Teacher Feng's face, otherwise we won't recognize you in the future . ?wind 2020-1-2-23 10:16:00
You don't need to know me
The date indicated is December 23, 2020, at 10:16:05.
Mr. Feng, could you write about your experience of gaining freedom to inspire others? Feng 2020-12-23 10:16:13
The Buddha himself spent his entire life fighting against personality cults and constantly diverting his disciples' attention from him. My personal experience is unimportant.
Lester has systematized his methods.
Those who want to learn the release method don't need another master's story to distract them from Lester's teachings. (Qingxi, 2020-12-23 10:16:28)
The true method of liberation is only spread among a small group of people.

Why is that? It's so simple to do, free, and the results are so remarkable.

Wind 2020-12-23 10:16:30

Because people want the world Therefore, people's minds will constantly add to and change their direction. The six steps are a simple path, but the mind wants to complicate things.

Qingxi 2020-12-23 10:16:32

Oh, so that's it. As you practice, it becomes an impure release method, right? (Wind, 2020-12-23 10:16:39)

Um

Those who changed the release law just don't want freedom. (Guo Xingxing)

2020-12-23 10:16:40

How much time do you want to give yourself to reach this agreement ?

(2020-12-23 10:16:48)

If no one reaches it next year, I will cancel.

Qingxi 2020-12-23 10:17:00

The true path to liberation, while not leading those who desire worldly freedom, can still help solve major worldly problems, right? It just cannot ultimately lead to complete freedom, is that right?

Wind 2020-12-23 10:17:05

The problem
isn't worldly
matters, the
problem is the
three major
desires.
As long as these three basic desires exist, a constant stream of problems will be created.

Strong 2020-12-23 10:17:28

Are the three basic desires the root cause? Can they be completely released? (Feng, 2020-12-23 10:17:48)

It can be released completely.
When you completely
release your fear of
death, everything
ends.

Qingxi 2020-12-23 10:17:55

If one hadn't left and chose to remain alive, would desires have reignited? (2020-12-23 10:17:59)

Won't

When a seed is destroyed, it will never regenerate.

Dr. Lewis told me, "I once said to my guru, 'Sir, a thought is troubling me: suppose I attain liberation after a long and arduous journey . The freedom I gain will only last for one day in Brahma.' " of Does Brahma work? *(one) "Brahma's Day," as described in Indian scriptures, refers to a complete cycle of cosmic manifestation lasting billions of years. Following "Brahma's Day" is an equally long "Brahma's Night." During Brahma's Night, all outward creation is drawn back. Beings not yet liberated rest in the spiritual consciousness as "seeds," awaiting the next manifestation of creation. When the next Brahma's Day arrives, they will continue in whatever state they have reached before. (What if, after the next Brahma's Night, creation reappears, and I, and everyone else, are sent out again to endure the long, painful struggle from scratch? Wouldn't all our current

efforts be in vain?)

“There is absolutely nothing to be afraid of,” the master assured him. “Once the soul is free, it will be free forever. It will never again need to embark on the long and winding path of evolution.”

“That answer,” the doctor confessed to me, “was a huge comfort!”

On 2020-12-23 10:19:05

> @Wind , wasn’t the goal to help six people find relief? Was your agreement modified or is it still being executed according to the original agreement?

Okay?

Wind 2020-12-23 10:19:15

> If no one is free by next year, my continued

presence will only be a burden to them. (Rong, 2020-12-23

10:19:48)

@Teacher Fengfeng, could you please explain the difference between Samadhi and the multidimensional world that ordinary people talk about? [clasped hands] Feng 2020-12-23 10:20:21

Dimension is based on the assumption of space.

In yoga science, Samadhi refers to contact with infinite consciousness . (2020-12-23 10:20:44)

It would be great if Teacher Feng could post a photo of himself. All we know is his name, which sounds like the legendary figure.

Odd. [Playful]

Wind 2020-12-23 10:20:14

I will not satisfy everyone's curiosity about the individual "wind".

If Lester Levenson (The Sedona Method) is a window, I'm only referring to you looking through that window to see infinity, so I don't even need to be that window.

Lester Levenson (The Sedona Method) is already that window; go and let go.

Miracle 2020-12-23 10:21:08

@Wind I have a small question. When you are afraid of certain things happening in the world, you want to guard against or prevent them, such as being killed or framed. Do you ignore these external things and just release your fear and resistance?

No matter what happens in the outside world?

For example, the COVID-19 pandemic, global warming, and other such trends. (2020-12-23 10:16:48)

Studying illusions can make you mistake them for reality.

You don't need to study them.

a continuous torment imposed on you by the world.

The only thing to note is the six-step release process.

The world is a projection of your subconscious and conscious thoughts, and your repressed thoughts do not mean they are ineffective.

Subconscious thoughts simply mean you're not looking at them; it doesn't mean they're not active.

Continued release will bring pleasure.

Each release will be more

pleasurable than the last.
Review the six steps more
often.
More
releases on 2020-12-23
10:18:17
@Thank you , wind [
rose]$?wind 2020-1-2-23 10:18:23
You're welcome
Don't seek security in the outside world.
If you feel uneasy, then let it go.

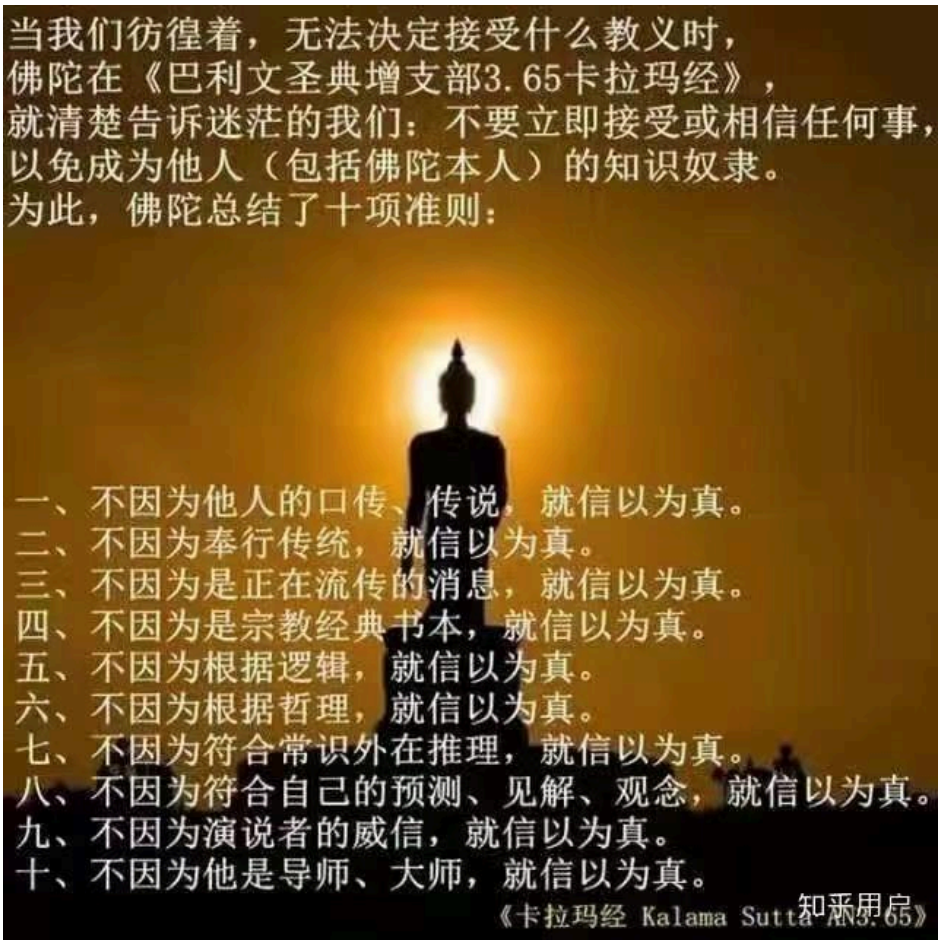
2020-12-23 Kalama

Qingxi 2020-12-23 11:14:47
@Teacher Fengfeng , recently when I'm releasing emotions , I try to recognize that the feeling I experience in the present moment stems from a desire for validation .

It's still a desire for control, but suddenly
I can recognize that behind it
all is a desire to survive. Is it
okay to just directly release
that desire to survive?
To survive is to want safety, which means to
fear death, right? Is this also a way of
releasing the fear of death?

Wind 2020-12-23 11:15:42

If you become aware of your
desire to survive, then release



the fear that the desire to
survive and the desire for
safety equate to death.

Only by achieving the level of self-reliance of
the Buddha can one possibly attain ultimate
freedom. I gave this part of the Kalama Sutra to
Roller.

After learning the release

technique, do you still need
Lester? You don't need Lester, and
you certainly don't need me.
Let the six steps become part of your experience and guide you through it.

On December 23, 2020, I found myself setting a goal, and then feeling like I didn't really want it.

Tiancheng 2020-12-23 14:01:15
I found myself setting goals, and then feeling like I didn't want them . (2020-12-23 14:02:20)
Then you can choose the one you want.

You need to set
the goals you want
to achieve
everything you
desire.

Tiancheng 2020-12-23 14:03:49

I find myself acting strangely; I have no
money, yet I have no interest in it. That
goal of 200,000 , I found myself not wanting
it or not daring to achieve it.

Wind 2020-12-23 14:04:43

Sometimes you suppress
your desires . (2020-12-23 14:05:03)
Yes, there are.

Wind 2020-12-23 14:05:18

However, when you set a goal,
set something you currently
want, because a goal is what
motivates you to unleash your
potential.
Only what you want will
motivate you. (Tiancheng, 2020-12-23
14:05:49)
Because I set a target of
200,000 , I realized I didn't
really want it and gave up
before reaching it.

Wind 2020-12-23 14:06:19

You can find what
you want; you'll
always find
something you
want.
Even if you don't
want this goal, set
one that you truly
want.
Because the target's purpose is simply to trigger your program and release
it.

2020-12-23 From the world to the inner self

Liz Zhang 2020-12-23 14:48:23

Is the "Nabhikpa" samadhi automatically obtained through continuous release?

Tiancheng 2020-12-23 14:48:35

[Chat Log: 2020.11.28/22:02:16]

Tiancheng forwarded chat history reference

【

2020-11-28 Wind and Nature — The practical experience of the "Nebikapa" Samadhi

2020-11-28 Wind and Nature — How can I quickly and empirically achieve the first step?

2020-11-26 Wind and Nature — Fearlessness is 50 % selfishness and 50 % selflessness.

】

The "Nyabhikāpa" samadhi that my senior just shared seems different from the "Super Google" here . Does turning inward from the external world naturally lead to "Super Google" ?

Wind 2020-12-23 14:48:50

Yes
You know that the only source of happiness is infinity; other directions no longer matter, and all your decisions will align with it.
This will allow you to immediately attain the "Nebikapa" Samadhi (an infinite existence where seeds no longer function). In this infinite existence, you can know everything.
This is what Google's cosmic-level metaphor means .

Elizabeth Zhang 2020-12-23 14:49:00
I currently have a strong desire, and at the same time, I'm releasing negative karma. There's also karmic pressure that's causing me to procrastinate. Is the next step to releasing these negative karma so that I can see things as optional yet fulfilling, happy, and free? With an unmoved mind. In this state, can I then experience subtle control and acceptance, and then naturally slip into a "Google state"?

Wind 2020-12-23 14:49:24
no
When you release yourself to the realization that "the only source of happiness is infinite existence" as your full experience, you will naturally stop seeking happiness anywhere in the world.

At this point, your flow changes, and you will automatically enter the "Nabhikpa" Samadhi. Once you enter, you will not come out again.
No more retreating
Because the seeds of escape have lost their power.

Elizabeth Zhang 2020-12-23 14:50:01
I feel like I want to do less and less; even things that seemed very serious before, I no longer want to do. (This is in line with what you said.)
Heading in one direction

Wind 2020-12-23 14:50:47
要贯彻六步骤
这样你能从内在得到一切快乐
或者通过释放实现目标来调转方向 get everything
by releasing only这样也能让你走
在六步骤上

ZOEY 2020-12-23 14:51:16

@Wind can now very quickly perceive the desire for security and release, allowing for a deeper and clearer view of the underlying driving force. But in get high to During the release , I realized that I was afraid of being happier, unsure of what it would feel like to continue being happy, or perhaps I just wanted security. I was even afraid of happiness and freedom.

Happy Time 2020-12-23 14:51:11

@Wind, I'm certain I'm stuck on sexuality. It's a feeling of energy coiling and tightly gripping within my body; I don't resist it, I want to release and control it . Should I focus on breaking through this issue, or should I set a different goal for breakthrough?

Wind 2020-12-23 14:52:00

You're afraid to make yourself feel better.

ZOEY 2020-12-23 14:52:19

@Wind Yes, that's right. It feels like I'm about to disappear. Wind 2020-12-23 14:53:13

Many people are afraid to make themselves feel better, but doesn't that sound a little silly ? Keep releasing!

If this is a problem for you, you can vent on this topic.

What is the core of instantaneous manifestation on December 24, 2020 ?

Cynthia 2020-10-24 12:59:00

@Brother Feng, I have a question: what does it mean to be completely free? Does it mean being so free from a goal that you don't care whether the goal is achieved or not?

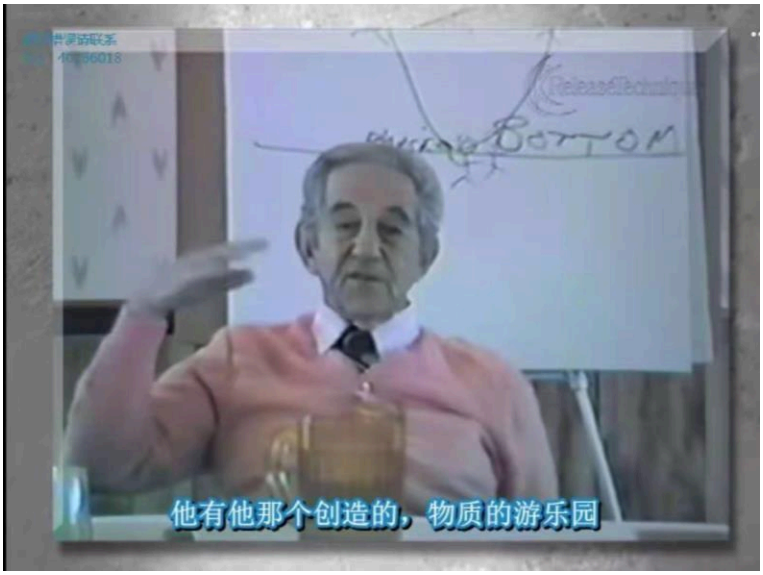
Wind 2020-10-24 12:59:17

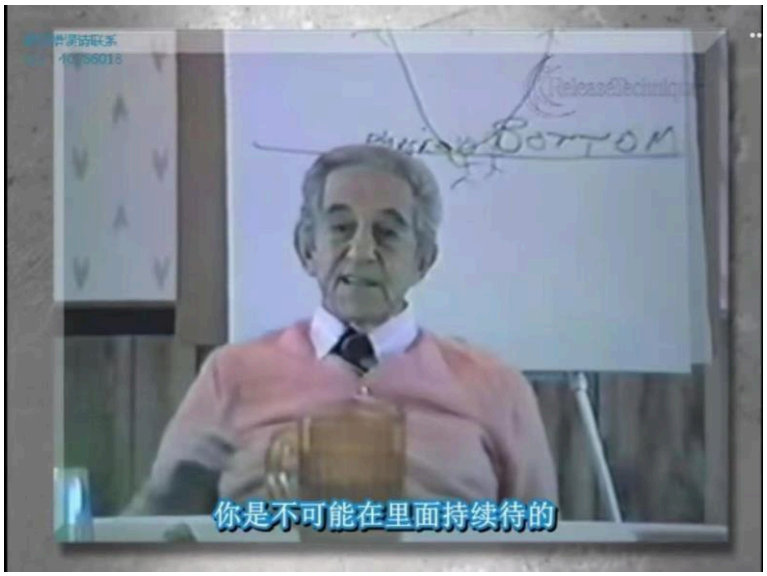
After releasing to the point of complete possession, continue releasing. Then your mind will automatically leave this goal, you won't think about it anymore, and then it will manifest.

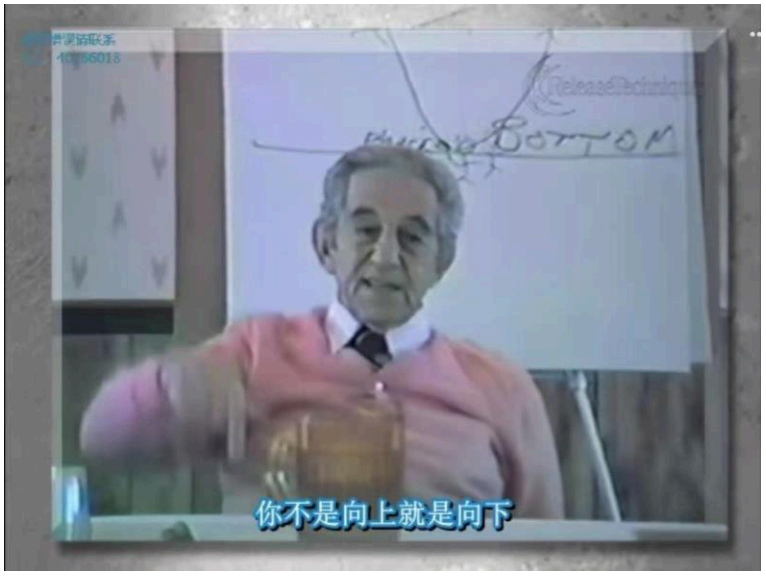
The date indicated is October 24, 2020, at 12:59:30.

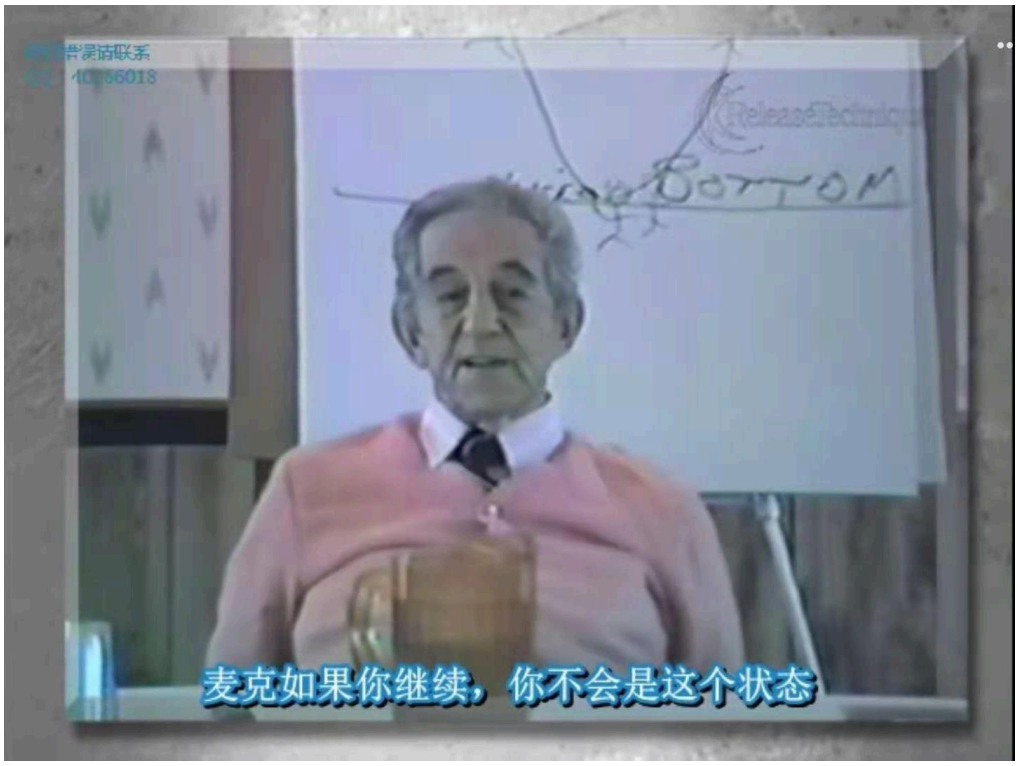
Mr. Feng, could you explain the core of instantaneous manifestation?

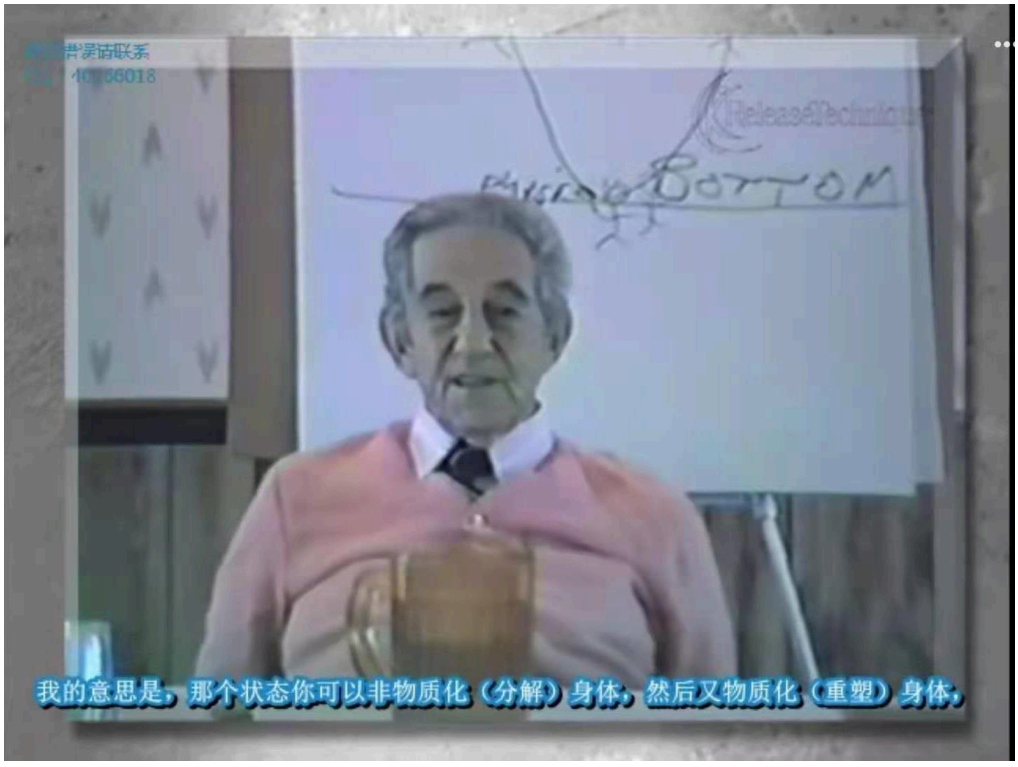
Wind 2020-10-24 13:01:05

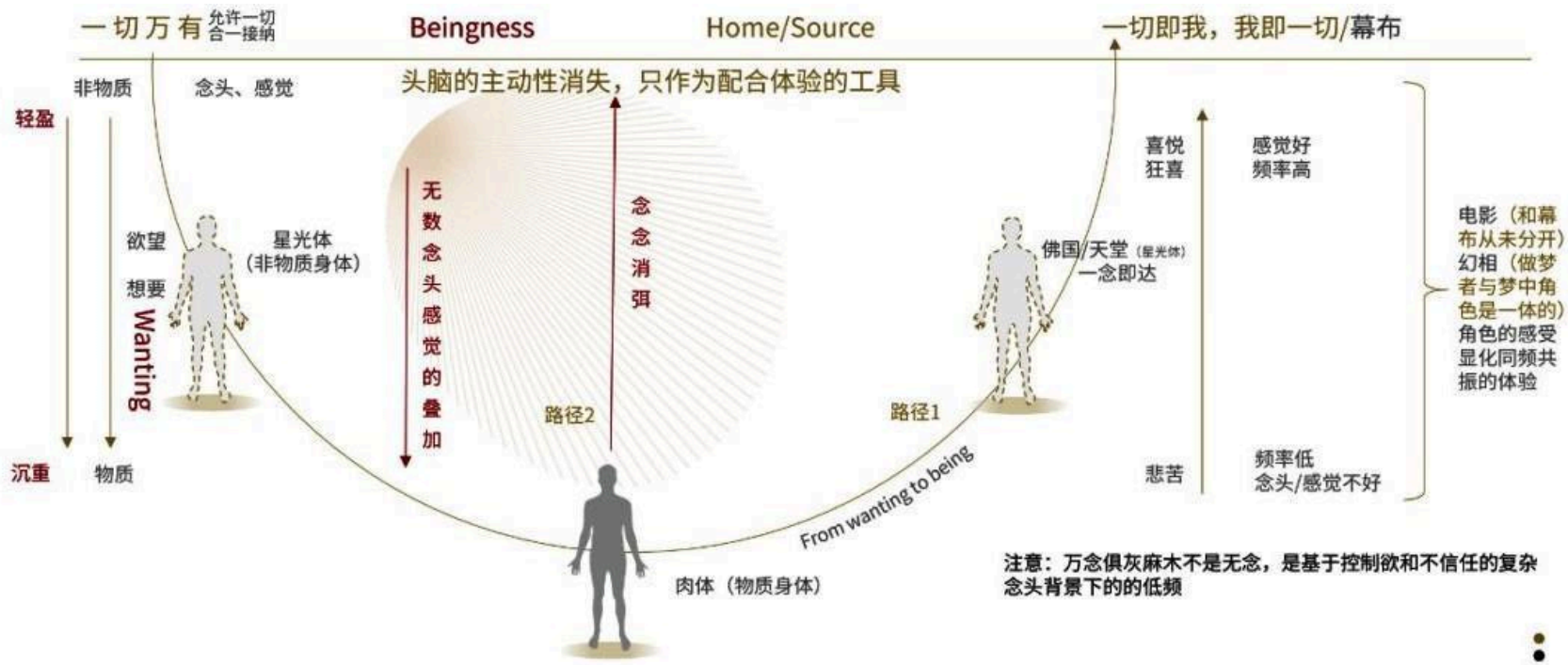



你是不可能在里面持续待的


你不是向上就是向下


麦克如果你继续，你不会是这个状态


我的意思是，那个状态你可以非物质化（分解）身体，然后又物质化（重塑）身体，


一切万有
允许一切
合一接纳
Beingness
Home/Source
一切即我，我即一切/幕布
头脑的主动性消失，只作为配合体验的工具
非物质
念头、感觉
轻盈
欲望
想要
Wanting
星光体
（非物质身体）
无数念头感觉的叠加
念念消弭
路径2
路径1
佛国/天堂（星光体）
一念即达
喜悦
狂喜
感觉好
频率高
电影（和幕布从未分开）
幻相（做梦者与梦中角色是一体的）
角色的感受显化同频共振的体验
悲苦
频率低
念头/感觉不好
沉重
物质
From wanting to being
肉体（物质身体）
注意：万念俱灰麻木不是无念，是基于控制欲和不信任的复杂念头背景下的的低频

Wind 2020-10-24 13:05:05

This is something the
group owner folded up;
it's not Lester's
teaching.
It is the student's personal understanding that has been incorporated into their mind.

Cynthia 2020-10-24 13:02:04

Oh, is that so?
No wonder it was so contradictory.

Elizabeth 2020-10-24 13:02:11

Does the feeling of having achieved something bring immense joy, or is it merely an intuitive sense of possession ?

(2020-10-24 13:02:54)

Once you know you already have it,
you don't need to confirm, and
you'll automatically stop paying
attention to it.
Then you will get it

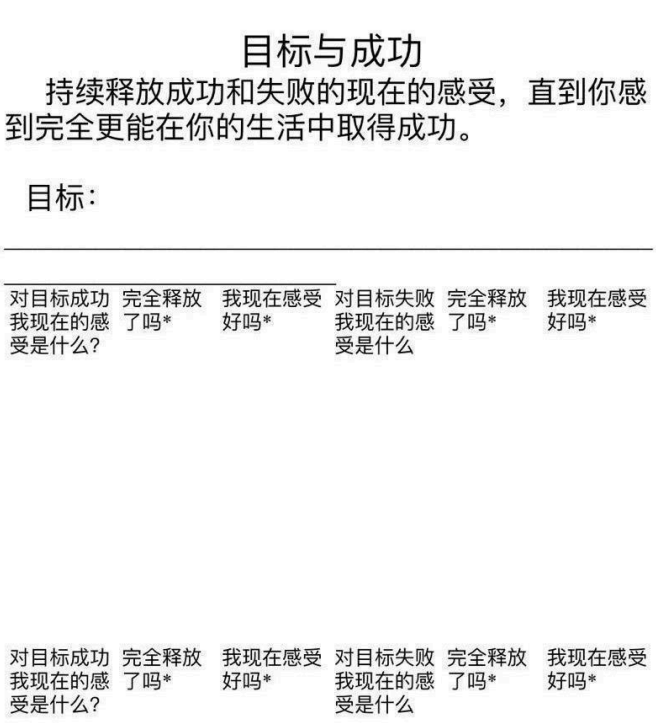
Elizabeth 2020-10-24 13:03:06

我看到教科书和视频上是要双面释放

风 2020-10-24 13:04:18

你可以释放关于它的 attachment（贪恋、黏着）和 aversion
释放时依然是三大欲望

Elizabeth 2020-10-24 13:05:10



Wind 2020-10-24 13:05:17

Each release will make you feel better, and you'll know it's yours now. Then you'll automatically become hootless.

Elizabeth 2020-10-24 13:05:24

The speed of implementation depends entirely on the speed of release, right?

Elizabeth 2020-10-24 13:06:10

Or will the world adjust its manifestation according to its own steps?

Wind 2020-10-24 13:25:01

It will manifest at the most appropriate time.

However, this only refers to the sluggishness of the material world.

Once you are able to manifest, Lester encourages you to achieve both materialization and antimaterialization immediately.

Liz Zhang 2020-10-24 13:25:20

How do we define materialization and antimaterialization? Isn't this very instantaneous process also within the material world?

Wind 2020-10-24 13:25:36

Um

But you have transcended the limitations of the material world.

Liz Zhang 2020-10-24 13:26:07

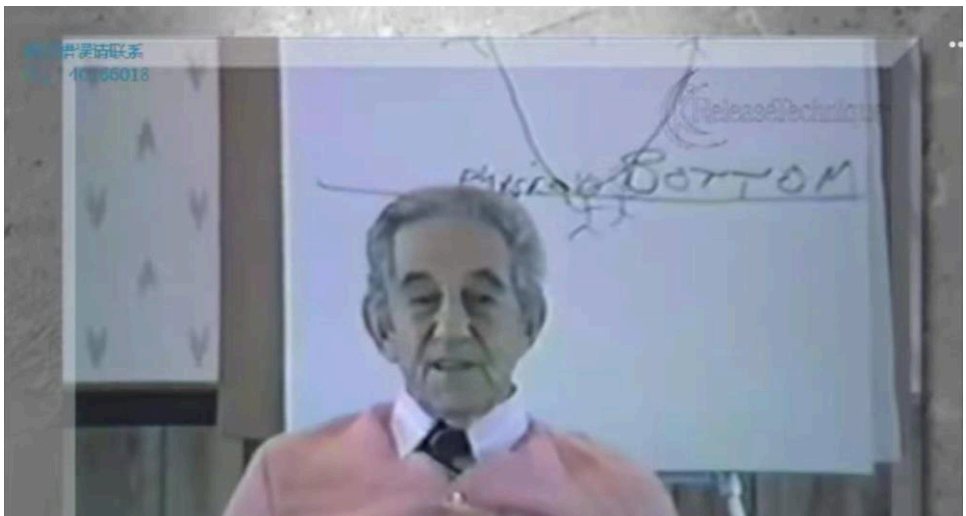
Why was the target delayed even though there was no prior delay ? (2020-10-24 13:26:41)

Because you have reached the realm of starlight.

(Qingxi, 2020-10-24 13:28:07)

How do we understand materialization and antimaterialization? What does antimaterialization mean? Does it mean transcending the limitations of the material world?

Wind 2020-10-24 13:28:34



Materialization is the instantaneous appearance of matter.

Antimatter is the
instantaneous disappearance of matter.
(Reference: 2020-10-24 13:30:00)
Can antimatter make others
disappear? (Wind, 2020-10-24 13:30:11)
Can
Ancient Indian yogis often did this

Liz Zhang 2020-10-24 13:30:24
First, achieve all objectives, then continue releasing energy. The energy will reach the astral plane, allowing it to exist within this material world.
Matter and antimatter?
Wind 2020-10-24 13:30:47
They won't easily take
another's life ; your
consciousness has reached
the Astral Realm.
The date indicated is October 24, 2020, at 13:30:51.
This is blatant control.
Liz Zhang 2020-10-24 13:31:04
Control isn't the problem;
the problem is wanting to control it.
(Feng, 2020-10-24 13:31:45)
[Link: Goals] and Winning means you must achieve your goal.
https://mp.weixin.qq.com/s/wyfo3- 6CSikhDubfP3Qk8Q 】
Wind 2020-10-24 13:32:03
As we know, control isn't a bad word, nor is it a bad thing ; it's the "desire" to control that is. When we are free , we can completely control the entire universe with just a simple thought. When you become free, your mind is quiet, without any thoughts, so any idea you put in your mind will materialize and come to fruition.
But currently, your mind may be...
I was troubled by thousands of ideas, and all of them were related to AGFLAP .
Wind 2020-10-24 13:32:10
You need to reach the point of complete control over the universe
You must first master matter, then master the
mind; become the master of both mind and matter.
Only then can you discover your infinite
essence.

Just look at the compiled and
translated Lester audio files;
they're all there.
The answers can be found in Lester Levenson (The Sedona Method) 's audio and video recordings.

The date indicated is October 24, 2020, at 13:35:18.

Mr. Feng, Mr. Lester once predicted to his students that a nuclear war would break out on Earth soon. Can you tell us how much time we have left ?
Cynthia 2020-10-24 13:38:33

Does the goal-release method require visualization? What are the scenarios for visualizing goal achievement? (2020-10-24 13:38:46)

I've said this before, complete destruction will occur 70 years from now.

Only those who reach the
cap can survive ; no
further action is
needed.
No need to deliberately visualize

Cynthia 2020-10-24 13:39:04

That means the visualizations were all added by other people.

Wind 2020-10-24 13:40:16

This century is the
century of
cleansing; Earth is
an advanced
classroom.

There are different grades of schoolrooms for different planets. This on e is a postgraduate course. It is of the most difficult and Therefore affords the greatest growth. All of us who are here are advanced sou lsadvanced in that we have chosen an extremely difficult place of abode . We wanted a higher course, a tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate course. This is the most difficult course , and therefore the one that offers the greatest potential for growth. All of us here are advanced souls . (Souls) -- Advancement came about after we chose an extremely difficult location to settle in. We wanted a more advanced course, something challenging, and we got it!

However, the Earth has strayed
from its spiritual goal because
95 % of people are in AGF .
People regarded it as a place of enslavement and being enslaved, and of enjoying material comforts.

Elizabeth 2020-10-24 13:41:11

If an enlightened being can completely counteract matter, why can't they simply change all situations to a positive one?

The era of the Internet of Everything 2020-10-24 13:41:54

Can living inside a capsule
guarantee survival in a nuclear war on Earth?

(2020-10-24 13:42:16)

Therefore, it will correct itself and weed out a group of people who don't study.

Elizabeth 2020-10-24 13:43:01

Instead, he hid away
to enjoy the tranquility .
(2020-10-24 13:44:09)

The answer is in the Lester Levenson (The Sedona Method) video.
If it weren't for the so-called master holding the
Earth's atoms, the Earth would have already shattered.
Yogananda intervened once.
However, there's no
need to intervene this
time; this cleanup is
a good thing.
Retake courses after failing to gain more experience.

During the Korean War, someone asked the master, "Will American soldiers who fight bear bad karma because of the killings they commit?"

"They are fulfilling their duty as soldiers," the master replied. "No, they will not incur bad karma because of it. This is a…"

A sacred war. The wicked must be defeated, or the whole world will be enslaved. This story goes beyond that. After the war began, the Master told a small group of us, “When South Korea was invaded by North Korea, I instilled in President Truman the idea of assisting South Korea in its defense. If South Korea were to fall, the communists would then invade Japan, then the Aleutian Islands, and from there they would invade Alaska and North America. Ultimately, the whole world might be swept into the materialistic philosophy of communism. For these reasons, defending South Korea is absolutely necessary. That is why I call it a sacred war.”

I was fascinated by the suggestion that masters sometimes play an active role in world affairs. This implies that they are concerned not only with the salvation of individuals, but also with the spiritual advancement of humanity as a whole.

When Hitler first came to power, Parahonsa Yogananda held some hope for the future for several reasons. One of these was the unfairness of the Treaty of Versailles, which had plunged Germany into de facto poverty. He also saw, as he told a few, that Hitler in a past life had been Alexander the Great of Greece, and had shown interest in Indian yogis. Interesting. However, when Hitler allowed himself to be seized by the ambition for power, that ambition distorted his underlying spiritual inclinations. At this point, several masters began working against him. Masters always work within the framework of the law of karma. Thus, they do not attempt to change the fate of the world, but rather work within the karmic framework of the individuals involved. Therefore, they influenced Hitler's consciousness. However, they had permission to implant certain ideas into Hitler's mind, causing him to commit the mistakes that ultimately led to his destruction. For example, they advised him from within to disperse his power, fighting simultaneously in the East and West, and in Africa. They achieved this by fostering his confidence, making him feel he possessed an "invincible" ability. Militarily, Germany did not need to divide its front lines. This self-dispersion ultimately proved to be a fatal mistake.

Interestingly, the guru said that Mussolini was once Mark Antony of ancient Rome, Stalin was once Genghis Khan who ravaged Asia, and Winston Churchill was once Napoleon. (I once asked him, "Who was Roosevelt?" He replied, "I've never told anyone," and after a brief pause, added, "I'm afraid I'll get into trouble!")

Regarding Napoleon, he said, "He once wanted to destroy England. As Churchill, he had to preside over the dissolution of the British Empire. The sacred purpose behind World War II was to liberate the various countries of the 'Third World,' most of which were British colonies. Again, Napoleon was briefly exiled to Elba. Afterward, he regained power. Similarly, Churchill was once exiled from the political arena: now he has regained power."

Mainly Hitler's incident
The masters implanted certain beliefs
in Hitler that led to his defeat;
let's continue to release those
beliefs.

Qingxi 2020-10-24 13:50:21

This learning doesn't refer to knowledge acquisition, right? Rather, it's about intellectual understanding, something unrelated to the mind, isn't it? (Wind, 2020-10-24 13:50:39)

There's no need to
discuss spiritual growth
too much in this kind of
thing.

2020-12-24 When the mind naturally stops revolving around something, that is hootless.

Elizabeth 2020-12-24 13:59:14
The English word is: you don't give a hoot
The last sentence
That is, completely indifferent
Wind, please confirm if
what I heard is correct . (2020-12-24
13:59:19)
What you heard
is correct;
his
punctuation is
incorrect.
every impossible, no matter how impossible, become immediately a possible ,as you completely released on it.
This is a sentence
Elizabeth 2020-12-24 13:59:50
The last sentence
is also extremely
important,
otherwise it will
be misunderstood.
You know you completely released on it when you don't give a hoot
Every impossibility, no matter how impossible, immediately becomes possible when you completely let go of it and stop paying attention to it.
[Chat Log: 20201224_13:12]
【
Wind **2020-12-24 13:12:15**
It seems many people have misunderstood
Lester Levenson (The Sedona Method) 's
statement about hootless. (Bethlehem Star,
2020-12-24) 13:12:29
You're wrong. I heard "don't" in Lester's recording. give a "hoot"
does not mean careless at all . **(2020-12-24) 13:12:48**
If a person stops focusing on something, the desire for it disappears, and you obtain it. This natural cessation of mental activity around the object is called hootless.

】

Lester explained this "don't" in the audio. give a hoot
It means that once you completely release it, your mind
will completely lose focus on it. This audio is on
YouTube.

The era of the Internet of Everything 2020-12-24 14:00:06

In that case, wouldn't it be
very difficult to verify the wind?
(2020-12-24 14:00:18)

Won't

Once you completely lose
attention, the era of the Internet of Things
will soon manifest. (2020-12-24 14:00:29)

Once it's achieved,
people won't care anymore, right?
(2020-12-24 14:00:48)

Yes, you will know perfectly well that it has been implemented.

Then you'll naturally stop paying attention to it.

That's why I told you, you need to fully understand its realization before continuing to unleash the potential of the Internet of Things era. (2020-12-24 14:01:15)

Should we delay this further ? (2020-12-24 14:01:26)

This delay is fine; the film has already been loaded.

The time projected onto the screen is Qingxi 2020-12-24 14:01:38

Everyone knows it's already happened, so why continue releasing it? (Comment by 不懂风, 2020-12-24 14:02:18)

You'll only understand if you've truly let go completely by continuing to release yourself. Sometimes you mistake incomplete knowledge for complete knowledge.

Qingxi 2020-12-24 14:02:42

How do I continue releasing it? How should I ask this question? (Wind, 2020-12-24 14:03:05)

In fact, when you truly know it completely, your mind will naturally release it completely and stop focusing on it. Just keep releasing it as long as you feel it.

2020-12-24 Following these six steps is not escapism.

Ming 2020-12-24 14:07:12

Chat history (2020-10-23 19:20:21)

picture

What does "action" refer to here? (Akuan71319 , 2020-12-24 14:07:26)

Yes, does action mean striving towards a goal? (Ming, 2020-12-24 14:07:34)

It must be done in the world, it must be done through action. These two sentences are difficult to understand; I'm stuck.

Zhenzhen 2020-12-24 14:07:49

You stay home every day and don't interact with many people, so you're not experiencing enough feelings. How can you release them? (A-Kuan71319, 2020-12-24 14:08:02)

I've been staying home every day, and I'm feeling really emotional. (Ming, 2020-12-24 14:08:29)

I thought just releasing it would be enough, but it turns out it doesn't work. [awkward]阿宽71319 2020-12-24 14:08:40

Although not a major emotional fluctuation, Zhenzhen 2020-12-24 14:08:51

@阿宽71319 continues to release [facepalm]

I've become so relaxed that I'm not afraid to interact with anyone [smirk]

Akuan71319 2020-12-24 14:09:12
Yeah, the main thing is,
how should I proceed?
Yeah, this is
[strong][strong]

Ming 2020-12-24 14:09:16
@阿宽71319 Don't you have a job?

Wind 2020-12-24 14:09:38
no
Just release it.

Ming 2020-12-24 14:09:52
The teacher is here
Akuan71319 2020-12-24 14:09:55
Need not
Wind 2020-12-24 14:09:59
What Lester meant was that you don't need to
deliberately isolate yourself or escape from
the world.
Zhenzhen 2020-12-24 14:10:12
Uh-huh
Ming 2020-12-24 14:10:20
@Feng I don't need to work now, so there's no
need for me to find a job, right? Zhenzhen 2020-12-24 14:10:35
Because there are no obstacles in the process [smirk][grin], I'm just
afraid of others finding fault with me [covering face]
Face][Facepalm]
Wind 2020-12-24 14:10:50
Yes, that's
right, you
don't need to
look for a
job.
Ming 2020-12-24 14:11:00
So, am I
escaping? Just
staying home all
day doing
absolutely

nothing?

Wind 2020-12-24 14:11:16

Following these six steps is not about escapism.

Let me show you a passage from Lester Levenson (The Sedona Method) 's answer.

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She has to go out and find a job, go to an employment agency; she can't just sit around waiting to die.

Liz Zhang 2020-12-24 14:11:42

One's own actions, body, and others are also projected images. As long as the source of projection (mind/feeling) changes, everything changes automatically. But...

If the projection source remains unchanged, all behaviors will be consistent with your projection source. If you feel you need to find a job, then you need to; if you feel it's escapism, then you're escaping. If you feel you don't need to find a job and everything will be fine automatically, then everything will be fine. - This is my personal understanding, based on Lester and Feng's interpretation.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!
A: I would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to act. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you have activated your infinite power, your true self. Nothing can stop it!

But at the same time, you have to struggle to get some action . Lester: No, I said just the opposite, I said lock yourself in a chamber and padlock. the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!
A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will. Nothing can stop it, because omnipotence is activated!

Ming 2020-12-24 14:12:19
[color]

Liz Zhang 2020-12-24 14:12:50

What you believe is what it will be. Be honest with your heart and feelings. Release feelings you don't need. (2020-12-24 14:12:55)

Thank goodness I asked that question, otherwise I almost misunderstood again. [speechless]

Liz Zhang 2020-12-24 14:12:59

Unchanged heart, no action. (2020-12-24 14:13:04)

@Feng I understand a bit better now. The key point is whether the six steps were followed. Liz Zhang 2020-12-24 14:13:19

Go with your gut feeling. Lester and Feng have already made it very clear. If you insist on thinking it through your own head, who can you blame? (Ming , 2020-12-24 14:13:23)

It's not about looking at outward behavior.

Hongyu 2020-12-24 14:13:50

@Wind, do I need to exercise at home? [Grinning face] I feel like I don't have any muscles if I don't exercise. I mean, besides exercising to release stress, is exercise unnecessary?

Wind 2020-12-24 14:13:57

Let me answer in Lester Levenson (The Sedona Method) 's words.

Exercise is good if one believe it is Good. If you believe exercise is good, it...

That's good.

Zhenzhen 2020-12-24 14:14:08

I'm free now! I can exercise if I want, and lie down if I don't. Lately, I've been eating fried chicken nuggets every day and haven't been eating regular meals, but I've actually lost weight! [facepalm]

Hongyu 2020-12-24 14:14:34

@Wind Thank you. I understand.

Destroying Fake Masters on December 25, 2020

Wind 2020-12-25 00:30:08

Once we receive inner guidance, we will

destroy these false gurus who are paving

the way for the Second Coming of Jesus.

Tiancheng 2020-12-25 00:30:41

When will Jesus

come? (2020-12-25 00:30:54)

After nuclear war

Pointing out falsehoods is never wrong.

Pointing out falsehoods and upholding the truth may bring trouble, but that doesn't matter.

2020-12-25 Wind and Heaven - High Spirit

Wind 2020-12-25 00:17:41

There were over a dozen high-level beings involved in this activity; there were far too many in this era.

Tiancheng 2020-12-25 00:18:23

Was Jesus powerless to stop them? (2020-12-25 00:18:53)

Combating counterfeits is definitely a necessary situation.

When genuine seekers of truth are misled, actions to expose fraud will occur.

It disappeared

The self-amusing
drama among
those who don't
seek the truth
is something the
master wouldn't
disturb;
Yogananda
directly used
destructive blue
light to destroy
some high-level
beings.
When they tempt his students, they shine beams of destruction directly upon them, their astral bodies...

Wind 2020-12-25 00:19:47

Falling down the evolutionary ladder

The ability to distinguish between truth and falsehood stems from your inclination towards freedom. (December 25, 2020)

Wind 2020-12-25 00:44:19

The so-called ability to discern truth
does not actually come from the
intellectual capacity to distinguish
between truth and falsehood, but from
your inclination towards freedom. If
you pursue freedom or truth, you will
naturally be able to discern this.
Willpower is more important than
intellectual training.
Those who first came to Earth, this advanced
classroom, already possessed very good karma;
they came to the advanced classroom because
they desired freedom.
Then, many of the people who become human here come
to experience pain and pleasure. Only after they
have gained enough experience will they turn inward.
After turning inward, because of the still strong inclination towards the

world, one may encounter things that satisfy one's mind.

Similar pseudo-paths

You need very good karma to encounter the true method. Once you encounter the true method, you need a strong inclination to recognize it and persevere. So reaching this point truly requires extremely strong karma.

2020-12-25 Wind and Heaven—Materialization and Antimatter

Tiancheng 2020-12-25 01:02:58

Have you reached the stages of materialization and anti-materialization?

(Wind, 2020-12-25 01:03:31)

I have moved beyond that stage.

The "Nabhikāpa" Samadhi is a natural state that transcends this stage.

(2020-12-25 01:03:53)

Is it possible to materialize the body and dematerialize the body? (2020-12-25 01:03:59)

Yes, like Lester, I only experimented with each ability twice and then lived like an ordinary person.

Tiancheng 2020-12-25 01:04:49

Can you go to Mars now? Astral travel?

Wind 2020-12-25 01:05:03

Ha ha

I haven't tried it, but I think it should be fine.

Tiancheng 2020-12-25 01:05:30
can I come
and see you
?
Like Lester Levenson (The Sedona Method) ’s experience of calling his friend (2020-12-25 01:05:52)
I will not show this
Displaying miracles is meaningless . (2020-12-25 01:06:14)
Um
What abilities have you tested? (Wind, 2020-12-25 01:07:01)
I’d like to
leave this part
for you to
verify yourself.
Tiancheng 2020-12-25 01:07:21
Is this what Lester
said in the video? I’m
a little curious.
Wind 2020-12-25 01:07:41
Almost all of those
My initial experiment
was with
materialization, and I
subsequently conducted
several other
experiments.
Tiancheng 2020-12-25 01:08:13
What is
being materialized?
(Wind, 2020-12-25 01:08:18)
However, being interested in
these forces is the wrong
direction, so I won’t share much
about them.
Tiancheng 2020-12-25 01:08:24

Yeah, I'm actually not interested , hahaha.
dishonest

Wind 2020-12-25 01:09:26
If you weren't interested, you wouldn't have asked. (Tiancheng, 2020-12-25 01:09:30)
right

Wind 2020-12-25 01:10:22
To release, you can do it all; that's all I wanted to say.

have produced many saints that their karma is relatively good ?

Tiancheng 2020-12-25 01:37:27

Is it because both China and the US have produced many sages that they have good karma? (Feng, 2020-12-25 01:37:38)

Both China and the US have relatively good overall business prospects. (Tiancheng, 2020-12-25 01:38:20)

Is it because a master has emerged? (Wind, 2020-12-25 01:38:36)

The collective karma is better.

For example, when various countries invaded China, the Qing government had to pay reparations.

The United States is the only country that used all of its Boxer Indemnity to help China; it even used the funds to build Tsinghua University.

They built the best university and the best hospital in China.

December 25, 2020: The Relationship and Differences Between Desire, Emotion, and Feeling

The date indicated is December 25, 2020, at 12:43:36.

Are you saying to release the tendency to focus on emotions rather than feelings? (Wind, 2020-12-25 12:43:51)

The course uses the word "feeling" to describe feelings.

The nine emotional states are ...

The category under emotions is called individual feelings .

feeling to do with bodily sensations ; it simply means that the release is accompanied by a feeling of energy dissipation.

Now, if you notice there are many categories here: indifference, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace, and under each category lie many feelings. What we're going to do in this course is that when you become aware of whatever you're feeling in the present moment, it's not necessarily indifference, sorrow, etc. If you're not aware of it in this way, what you need to

do is trace back to these categories. The reason we do this is that every time you release a little bit of sorrow, you release all the feelings beneath it. So releasing sorrow is much more powerful than releasing the individual feelings below it. When you trace these feelings back to the emotional category, you release the category itself, and you'll find that you move upwards much faster.

The date indicated is December 25, 2020, at 12:44:12.

> Mr. Feng, could you explain the relationship and differences between desire, emotion, and feeling?

Wind 2020-12-25 12:44:25
About Releasing (1) - 早Audio recordings of the original Releasing method created by Lester Levenson (The Sedona Method) and students 2020-11-14
http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbdb444ef&mpshare=1&scene=1&srcid=1225hfLKflbw2zHBJMHQ4lcR&sharer_sharetime=1608871517101&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we can eliminate all feelings! It's so

basic, therefore extremely effective. The descriptions below

the emotion chart are the surface-level individual feelings.

(feeling)

The nine categories of emotions are those that drive individual feelings.
The desire for control and the desire for approval are two fundamental feelings that drive nine categories of emotions.

The era of the Internet of Everything 2020-12-25 12:44:50
So, the body will produce some phenomena when it releases these things, such as hiccups, right?

Wind 2020-12-25 12:45:22
The desire to survive (fear of death) drives
the desire for control and identification;
therefore, feelings, emotions, and desires
are all forms of feeling.
Just superficial feelings and more basic feelings
The first and most fundamental feeling is the fear of death.

The era of the Internet of Everything 2020-12-25 12:45:38
It's normal
whether it's there or not,
right? (Feng, 2020-12-25
12:45:50)
Um
The course also mentioned later, after discussing the release of desire, that sometimes release happens very subtly, and if you focus too much on physical sensations, you'll get stuck.

Sometimes it is accompanied by the dissipation of energy in the sensory center; sometimes it is simply a feeling of greater psychological ease and pleasure.

The date indicated is December 25, 2020, at 12:46:05.

So, bloating, pain, soreness, and numbness are all physical sensations and don't need attention? (Feng, 2020-12-25 12:46:14)

Um

The release method never said it would release those things ; it only released the feeling .

Bodily sensations are merely a projected result, as identified in the text (2020-12-25 12:46:26).

If you experience a bloating or abdominal pain when releasing desires, how should you deal with it? (Feng, 2020-12-25 12:46:30)

Don't resist your physical sensations, just focus on your psychological feelings.

Basic desires drive nine categories of emotions; these categories drive all individual feelings; and these feelings drive thousands upon thousands of emotions.

A thought

The date indicated is December 25, 2020, at 12:46:43.

Therefore, when we resolve to stop seeking approval from others, does this release of the three major desires contribute to the progress of this release?

Where can I get help?

Wind 2020-12-25 12:46:51

Only release helps.

If you are determined not to seek the approval of others, but choose to suppress your feelings, that won't help.

Elizabeth 2020-12-25 12:47:12

The wind says that every thought manifests? So now I'm clearing away these emotions and feelings, but thoughts still pop up from time to time—some good, some bad. How can I make them manifest simultaneously?

Wind 2020-12-25 12:48:59

We should start with the first step, consciously controlling matter. Whe ther we are aware of it or no, everyone is controlling matter all the time. Whether one wants to be a demonstrator or no, he is. It is

impossible to not be a Creator all the time. Everyone is creating ev ery day. We are not aware of it because we just don't look at it. We have demonstrated or created everything we have! Every thought, every

single thought, materializes in the physical world. It's impossible to have a thought that will not materialize (except that we reverse it).

If we think the opposite right after we have a thought, with equal strength we neutralize it. But any thought not reversed or neutralized

will materialize in the future if not immediately.

第一步，有意识地控制物质。不论我们是否意识到这点，我们一直都在控制物质。不做创造 者，是不可能的。每个人每天都在创造。我们之所以无法意识到，是因为我们不去看它。我们显化或创造我们所拥有的一切。每个念头，每个单一的念头，都在这物质世界显化。在一个念头后往相反的方向想，且用同样的力，这个念头便失效。任何一个念头，在其生成后不立即扭转抵销它，这个念头就会在未来显化。

每一个单一的念头都会显化，只要你不抵消它
相反的念头会抵消掉前一个念头
如果你说“我有完美身体”，下一个念头是“这不可能”，前一个念头就被撤销了
因此你需要释放那些驱动你的念头的潜意识程序

December 25, 2020: Do your feelings evoke a desire to control or to agree with them?

Elizabeth 2020-12-25 22:35:54

Previously, in releasing emotions, I first identified the current

emotion, then traced it back to a broader category. The emotion was then released within that broader category, not necessarily because a specific word in that category evoked a particular feeling. Is the same approach used in the "Three Desires"—tracing back and categorizing based on the current feeling—or are the "Three Desires" three specific feelings? @风

Recognize it as coming from, or recognize it.

Wind 2020-12-25 22:36:21

get them under
All feelings are driven by these three desires.
When you recognize which basic desire it is, it will surface, and there will immediately be a tendency to be released. One of the questions in the course is, ″stir...″ up
arouse
Do your feelings evoke a desire to
control or to conform? You can ask
yourself this.
Don't suppress your other feelings, but focus
primarily on the desire to control and
identify. If the desire to survive arises,
then release that desire to survive.

Feeling sleepy is a way of trying to escape feelings. (2020-12-26)

Elizabeth 2020-12-26 18:36:13

What's the difference between automatically detaching your attention from achieving your goal and this ecstasy? It's about continuously releasing yourself into ecstasy, but the goal doesn't need to be there, right? @Wind

Wind 2020-12-26 18:36:26

Once you get it, you automatically stop paying attention to it.
Before the goal is achieved, you just need to keep releasing.

Elizabeth 2020-12-26 18:36:38

If it's a long-term issue, you need to let go until you feel you already have it and automatically stop paying attention to it. But it doesn't need to...

Are you going to get ecstatic?

Wind 2020-12-26 18:37:01

Well, achieving your goal doesn't require such a high level of ecstasy.

Strong 2020-12-26 18:37:29

Why do I feel sleepy
when I release energy? @风风

2020-12-26 18:38:00

When we start moving into the Self, the ego Start putting blocks in the way: we get sick we go to sleep we have other things to do, e tc., because we feel we will be destroyed if the ego is destroyed. We
have convinced ourselves over the millenniums that we are these limite d bodies and we think it take time to let go of these concepts of

Limitations.

When we begin to enter into our true self, the ego will cause trouble. We get sick, want to sleep, or do other things, because we believe we will perish along with the ego. For thousands of years, we have been convinced that we are this finite body, and releasing these limiting beliefs takes a very long time.

> Feeling sleepy is a way of
> trying to escape feelings;
> wanting to survive is
> wanting to survive.
> The desire to live and the desire to die are two sides of the same coin.

Happy Time 2020-12-26 18:39:16

This could also be interpreted as an attempt to control what is being released, right? (Wind, 2020-12-26 18:39:20)

Yes

December 27, 2020: Sleep is a continuation of the previous state of consciousness.

Wind 2020-12-27 22:03:12

Completely release your feelings about a thing or a person, from as little as a minute to as many hours as you decide to do it.

There's no need to drag it out for weeks, months, or even years. Most people use this highly effective method extremely inefficiently. You can release it before you fall asleep.

Sleep is a continuation of the previous state of consciousness. (Yi Ling, 2020-12-27 22:03:25)

What could be the reason for this? (2020-12-27 22:03:42)

The six steps were not followed.

December 27, 2020, requires absolutely no "persistence".

Wind 2020-12-27 22:15:25

Release doesn't require "persistence" at all.

Because each release requires no effort and is always easier and more pleasurable, talking about the frequency of release seems a bit strange.

Because there was no stopping during the six steps.

Distracted thoughts on December 27, 2020 are simply a tendency to escape.

Elizabeth 2020-12-27 22:14:17

I felt relaxed and happy, but not clear- headed enough. (2020-12-27 22:14:25)

Therefore, by simply practicing continuously, you can gain clarity. (Rong 2020-12-27 22:14:38)

6 steps of this release method. Everyone's experience is different. If I successfully release, the feeling of pleasure is indescribable. Staying in that state, I don't want to leave, and I feel so brave. @Liz Zhang

Wind 2020-12-27 22:14:50

No need to analyze the principles during this period . (2020-12-27 22:15:18)

@Wind , when I release, the first half usually goes smoothly, but then I get distracted. I don't know how to release after that.

Already?
Wind 2020-12-27 22:15:29
You mean you
were daydreaming? (Shuxin,
2020-12-27 22:15:36)
It's @wind
Wind 2020-12-27 22:16:14
When you become aware that
your mind wanders, it's
simply a tendency to avoid
things. Once you realize
this tendency, the desire
to control your mind
wandering will decrease.

The era of the Internet of Everything 2020-12-27 22:18:50
Could you give
me some pointers? (Wind,
2020-12-27 22:18:59)
Actually, there's not
much to explain
because the answer
lies within the six
steps.

The era of the Internet of Everything 2020-12-27 22:20:10
I don't know what my current
status is. (Posted by Banfeng on
2020-12-27 22:20:19)
Then release this person who wants to understand.

Elizabeth 2020-12-27 22:21:14
Is the feeling of emotions localized, or is it also felt in the chest and abdomen? I previously felt that emotions resided in my nose and head.
Nearby. @Wind
Wind 2020-12-27 22:21:26
Feeling at the center of sensation
Elizabeth 2020-12-27 22:22:10
Near the
heart chakra? (Posted
by Feng, 2020-12-27
22:23:54)

However, you don't necessarily need to focus excessively on your feelings; the important thing is that you recognize your emotions.
This way you can clearly perceive that the absence of emotion is also a form of emotion.

Elizabeth 2020-12-27 22:25:16
How can one release emotions when they are subtle and difficult to grasp?
@风's tendency to not focus on feelings mean focusing on one's immediate present moment?

Wind 2020-12-27 22:26:24
Pay attention to your emotions
Since you haven't clearly experienced release yet, it's recommended to start by experiencing the release of emotions.
Once you experience the release of emotions, you can then release your desires.

Elizabeth 2020-12-27 22:27:00

I've released my emotions and felt them. I'll go back again. (Wind, 2020-12-27 22:27:17)

unnecessary

You always have feelings, you always have feelings.

Elizabeth 2020-12-27 22:28:04

Emotional release without pleasure, but with a lighthearted feel. (2020-12-27 22:28:13)

More enjoyable

It's better than before . (2020-12-27 22:28:41)

It seems you're not very perceptible; I can't quite sense what kind of wind it is. (2020-12-27 22:29:00)

If you can't feel it, it's just blurry.

Elizabeth 2020-12-27 22:29:18

Some emotions The feeling of releasing desire is not as strong anymore. Or rather, they are confused about pleasure. Is it easier?

Puzzled

Wind 2020-12-27 22:30:50

Release your desire to change the vagueness, and your feelings will become clear.

2020-12-27 You might feel that it's normal to not feel anything after asking several times in a row, or even after asking for more than ten minutes in a row.

Wind 2020-12-27 23:39:13

Don't ask questions, just let my answer be simple.

You know

The release technique is a highly effective method, but people often use it in a very inefficient way and are not used to the fact that each release is more pleasurable, which is why this problem exists.

Zong Zhen 2020-12-28 22:10:50

@Wind, how can I efficiently

release and experience a pleasant breeze?

(2020-12-28 22:11:16)

You might feel nothing after asking the question several times in a row, or even for more than ten minutes straight, which is normal. This is just part of the initial learning stage of finding the release of feeling, and it's normal.

Calm and Free 2020-12-28 22:12:41

@Wind Sometimes I feel happy quickly, sometimes not, it's unstable. Is it because I haven't found the right feeling? Or what is it? Wind 2020-12-28 22:12:50

Releasing once will bring more pleasure; see step six.

Every time, every single time

If you don't feel more comfortable after going through the process, you're stuck.

Peaceful and Free 2020-12-28 22:13:15

[Smug] It seems there are no complicated questions, and no complicated answers either.

Shunxing 2020-12-27 23:41:02

This feeling is like the sensation
above clearly leaving, followed by a
surge of pleasure below.
This is a release
If not, it's probably just the brain's imagination.
--wind

2020-12-28 When you chase after the world, you are developing your mind, making it more cluttered, which exacerbates suffering.

Wind 2020-12-28 22:12:12

the world is only Misery is
Lester Levenson (The Sedona
Method) 's teaching; the
world is only suffering is
also the Buddha's teaching.
That's the truth.
The world is
merely a figment
of the mind's
imagination; the
mind is merely a
limitation.
When you limit your infinite existence, you are in pain.

+ 2020-12-28 22:12:38

Where does that
joy come from? (Wind,
2020-12-28 22:12:50)

All happiness comes from a state of mental tranquility, where you perceive a greater sense of infinity.
You mistakenly believe that the sole source
of your happiness, derived from certain
external people and things, is your infinite
existence.
The pleasure that people experience during orgasm is merely a

temporary calming of the mind.

What is the joy of achieving a goal? It's when you acquire something and allow your mind to be at peace for a while. When you chase after the world, you are developing your mind, making it more chaotic, which intensifies suffering. The only way to relieve suffering is to change direction and quiet your mind.

Because the sole source of happiness is infinite, and only with a tranquil mind can this infinite existence reveal itself in greater detail—it's that simple.

+ 2020-12-28 22:13:01

I'm so afraid you'll say that release is all painful.

Wind 2020-12-28 22:13:19

Releasing will make you feel more happy.

Shuxin 2020-12-28 22:13:57

@Wind The only way to relieve pain is through release, continuous release, right? Teacher Wind 2020-12-28 22:13:59

Yes, action only creates more pain; only release can relieve your pain.

Shuxin 2020-12-28 22:14:00

@Wind Why can't I feel joy? I feel like I'm quite focused. Wind 2020-12-28 22:14:07

- Releasing will make you feel better

It won't be a one-time experience of extreme joy, but it will be even better. (Huixuan, 2020-12-28 22:14:19)

@MasterFengFeng , are you now manifesting materiality, antimatter, or something else? [smirk] Why aren't we manifesting yet? [goofy] laugh]

Wind 2020-12-28 22:14:29

Release more

Shuxin 2020-12-28 22:14:50

Is it a feeling of things slowly dissipating in your heart? @风风2020-12-28 22:15:06

The obvious sense of ease and pleasure means that many things are not worth mentioning as there's little point in discussing them.

Huixuan 2020-12-28 22:15:18

Why not talk about it? (2020-12-28 22:15:34)

Seeing is always better than hearing about it.

If you truly want to know something, let go and find the answer within yourself.

December 29, 2020: Allowing this feeling of having no feeling.

Xiaoli 2020-12-29 06:05:48

In my own experience of being stuck, sometimes when I become aware of the "want" to come out, my first reaction is to judge and try to suppress it. When

I realize this, I "allow" it, allowing the judgment to surface. I release this first, and then release the desire, and a clear sense of pleasure will emerge.

Allow yourself to feel nothing, release the urge to control, and then release; or allow yourself to escape the urge to release, release the urge to control, and then release.

Without exerting force, simply allow it to emerge and leave, and the release process becomes easy.

December 29, 2020: It's best not to believe anything.

Wind 2020-12-29 11:12:23

Actually, you don't need to pay attention to me. Lester Levenson (The Sedona Method) is a window into the path of liberation, but it's just a window. When I was studying Buddhism before, I read the "Kalama Sutra" and used it as a standard. This is a picture someone sent me; I sent it to everyone.

It's best not to believe anything.

Only with this level of self-reliance can freedom be possible.

(Note: Refer to **2020-12-23)** (Image of the Kalama)

December 29, 2020: What's the difference between releasing and experiencing awareness of emotions?

S 2020-12-29 11:20:12

I'd like to ask what the difference is between releasing and experiencing emotional awareness? I've previously learned about emotional awareness, observing emotions in a certain part of the body until they completely disappear. Now I'm using the release method, and I'm wondering what the difference is. [fist bump] @我是无限风 2020-12-29 11:20:37

Being aware of your emotions can be somewhat helpful, but when learning the release method, it's best to strictly follow the release process. You can set aside any previously learned knowledge and just experience the method itself.

Wang Jingfang 2020-12-29 11:21:04

@Wind Thank you, teacher. I've been trying to be more self-aware for over a year, and I've found that while I'm generally aware of my basic emotions, I haven't been able to detect deeper ones , yet they continue to affect my life. A friend recommended the release method, and I was very happy after seeing it. I'm ready to let go of my previous feelings and focus on a 21- day release program. [clasped hands][clasped hands][clasped hands]

Wind 2020-12-29 11:21:50

You're welcome

The release method is very effective.

(Wang Jingfang, 2020-12-29) 11:22:39

@Fenghao , I won't call you teacher [roses][roses][roses][roses] You need to record it in a notebook when releasing it.

Training?

Wind 2020-12-29 11:22:48

@Wang Jingfang, you can use it. You can first look at the release method course compiled by the group owner, which mentions some uses of the notebook.

December 29, 2020: Every release deepens your own

experience.

Wind 2020-12-29 11:31:32

Don't pay attention to me personally, because I have no intention of becoming a teacher. I'm just sharing some of Lester Levenson (The Sedona Method) 's original teachings, which might be helpful.

The translation process allowed me to revisit the... The "way " series helped me, so I'll stay in the group and share for a while.

But I'm not a teacher.

Actually, you don't need to ask too many questions.

Wind 2020-12-29 11:35:23

The method is very simple.

Six steps to practice it for a month You'll be completely free in one to two months. If you can't do it in one or two months, then it's impossible.

Simple, or impossible
The method is so simple that
it doesn't need an idol, and
so fast that it doesn't need
a benchmark.
Because you don't need to look at others.
Each release deepens your own experience.
This method requires absolutely no beliefs or faith from you.

2020-12-29 Wanting the world to be the way you want it is wanting to control it.

Slight Warmth 2020-12-29 11:42:12
@Wind I can't feel the desire
to control it, Teacher Wind 2020-12-29
11:42:29
Wanting the world to be the way you want it is wanting to control it.

Jerro 2020-12-29 11:43:14
When I asked myself if I wanted to change
this stuck situation, the answer was "no,"
and then I couldn't continue.

风 2020-12-29 11:43:46
你喜欢这个卡住吗？
Jerro 2020-12-29 11:44:05
我能看到我胸腔里慢慢都是要控制、要控制，但就没没法让它们走[流泪]问自己是不是想要改变这个卡住，答却是“不是很想改变”
然后就进行不下去了
求助@风
风 2020-12-29 11:44:52
你喜欢这个卡住吗？
Jerro 2020-12-29 11:45:16
好像不讨厌
风 2020-12-29 11:45:30
那你也能决定放它离开吗？
Jerro 2020-12-29 11:46:01
不讨厌，依然放它离开。。。艾玛，好想哭
风 2020-12-29 11:46:22
你想感觉更好吗？
Jerro 2020-12-29 11:46:57
在哭[流泪][流泪][流泪]，不知道[流泪][流泪]

Wang Jingfang 2020-12-29 11:47:10
@Wind , do you wait until you encounter emotions to release them, or do you deliberately stir up things to make your emotions come before releasing them?

Wind 2020-12-29 11:47:24
Sometimes, you're just afraid to feel better. Be bolder! [laughing emoji]

Jerro 2020-12-29 11:47:51
I am very ill, but I don't know how to get better, or rather, I don't even know if I want to get better.

风 2020-12-29 11:48:16
任何时候你都有情绪
如果情绪不明显，那叫“模糊不清的感受”

Jerro 2020-12-29 11:48:29
I feel like I don't have much time left, yet I still lack the strength . (2020-12-29 11:48:38)

很明显，你想要改变某个状况这个感受就是想要改变

Jerro 2020-12-29 11:48:52
But I can't let go of the urge to control.
What does it feel like?

风 2020-12-29 11:49:00
卡住只是一种感受，你感受卡住的感受，然后感受对它的想要控制你能感受到卡住它也只是一种感受
同时你能感受到对它的想要控制

Jerro 2020-12-29 11:49:28
I said I couldn't feel any control over the stuck state; it just felt like it was stuck and that was it. This made me feel helpless and unable to continue.

Wind 2020-12-29 11:49:43
Do you want it to be smooth and not lag?

Jerro 2020-12-29 11:50:16
It seems there's no wind .

(2020-12-29) 11:50:21
If you don't want it to be smooth, then think about what you want to change.

Jerro 2020-12-29 11:51:56

@Wind felt it for a moment, and I agreed to let go of that "stuck" feeling, which I don't dislike, just like agreeing to let myself go—it was very reluctant.

So I'm very sad.

Wind 2020-12-29 11:52:27

That can sense your sadness.

Then let it go.

Slight Warmth 2020-12-29 11:52:40

@Teacher Feng, she's showing this sadness; shouldn't we look into the desires behind it? Feng 2020-12-29 11:52:48

Release desires faster

Released stuck on 2020-12-29

Wind 2020-12-29 11:52:17

Being stuck is just a feeling. You feel the feeling of being stuck, and then you feel the desire to control it.

Do you want to make it stop being stuck?

Relax, releasing is effortless.

Releasing the urge to control means becoming aware of that urge, and at the same time, you will naturally have a tendency to let it go.

When you are stuck, first notice the feeling of being stuck.

When the feeling of being stuck arises, don't try to suppress it, nor try to walk around or slow down before releasing it. If you avoid the feeling of being stuck, or suppress it into your subconscious, it will continue to affect you.

No analysis required

Release the one

that wanted to

control the

stuck

First, allow the feeling

of being stuck to be

expressed, let yourself

feel the feeling of

being stuck, and then

release the desire to

control it.

If you have vague feelings, then allow yourself to experience those feelings and then release the desire to change them.

from 2020-12-29 will fade away as the feelings dissipate.

Hongyu 2020-12-29 11:55:27

@Wind, do you want a goal, and then release that desire? Isn't that a contradiction? I want my hair to turn black, but then I release this control, is that right?

Wind 2020-12-29 11:55:46

Wanting = lacking

释放了想要，你就会感觉到拥有释放目标很简单
看看你对目标的感受，然后释放

Hongyu 2020-12-29 11:59:48

@Wind Hmm, did you release it until you felt a sense of possession within yourself? Wind 2020-12-29 12:00:26

Yes, once you fully possess it, your mind will naturally stop focusing on that goal, and then the goal will fall into your experience.

Relax, releasing is effortless.

The common saying "I don't care" is incorrect, because after suppressing your feelings for a period of time, your mind will...

早Declaring "I don't care"

Slight Warmth 2020-12-29 12:02:31

Teacher Feng, if releasing the desire for control means releasing a feeling of exertion, then letting it go, or loosening one's grip, is the same.

Okay? @Wind

Am I overthinking things? Am I trying to understand things with my head?

Wind 2020-12-29 12:02:48

Release all feelings about the goal, and you will feel that you already possess it. Because you already possess it, your mind will automatically shift from...

Move the target up

Wind 2020-12-29 12:03:17

The question does not need to be changed; the question does not need to be understood.

Releasing the urge to control means becoming aware of that urge, and at the same time, you will naturally have a tendency to let it go. When you are stuck, first notice the feeling of being stuck.

Hongyu 2020-12-29 12:04:18

@Wind, when you ask this question, is it a mechanical question, or do you adjust the question according to your own situation?

Wind 2020-12-29 12:04:34

卡住的感受浮现时，不要试图压抑它，也不要试图走一走、缓一缓后再释放如果你逃避卡住的感受，或者把它压抑到潜意识中，它就会持续运作你

Hongyu 2020-12-29 12:04:53

Sometimes I adjust the questions based on my own situation. I don't know if I'm doing it right?

Sometimes I'm so happy I can't calm down and let go.

Wind 2020-12-29 12:06:56

The release process itself is very simple, so it doesn't require much adjustment.

Slight Warmth 2020-12-29 12:07:09

Allow the idea to surface, then become aware of the desire to change it, and release that desire? @Fengfeng 2020-12-29 12:07:25

Um

Slight Warmth 2020-12-29 12:10:58

Teacher Feng, have导 overdone the practice of releasing desires? I'm not sensitive to my sensation center at all. @Fengfeng 2020-12-29 12:11:41

If you learn to release your emotions, you can practice releasing your desires.

Sunny庄2020-12-29 12:12:12

How should we deal with the state of "ambiguity"? I started to feel this way after continuously releasing information about a target. A feeling

Qing 2020-12-29 12:12:35

It just feels like sometimes the release only stays at the mental level .

(2020-12-29 12:14:26)

If your feelings are unclear, then release that desire to change that unclear feeling. “Do it, keep doing it. When you get stuck, use the ‘what to do’ process in this method to let go of the desire to change the feeling of being stuck. If it’s a vague feeling, let go of the desire to change that vague feeling. Once you’ve released it, you can attack that feeling of fear of death again.”

Da Bao 2020-12-29 12:20:25

@Wind For example, when I release target A, my first feeling is to control it and let it go. Then, the next thing I realize is that I want to identify with a person B or an event B from the past . Is this a good way to release?

I’ve found that releasing the present automatically brings up past events and scenarios.

Wind 2020-12-29 12:21:12

Can

Release whatever

appears . (2020-12-29 12:22:26)

Is it possible to release pent-up emotions from past traumatic events that make me want to cry just thinking about them? @Fengfeng 2020-12-29 12:24:35

sure

Hao Qianqian 2020-12-29 12:26:07

@Wind I released what I wanted to control,

like letting go of something. Wind 2020-12-29 12:27:33

Yes, repression prevents

you from experiencing

pleasure; just release

your feelings.

Qing 2020-12-29 12:28:25

It’s not the

visuals, it’s the feeling of

desire . (2020-12-29 12:28:28)

The image will fade away as

the feeling dissipates. (2020-12-29

12:32:22)

I just set a goal. My first feeling was surprisingly happiness, not worry or fear; this is when I enter a state of fantasy and anticipation.

Did you stay?

Or did I misunderstand my first impression?

Wind 2020-12-29 12:34:49

Just release it.

Then see how it
feels. (Da Bao, 2020-12-29
12:36:49)

@Wind released the target (earn 1 million)

For example: The first person wants to control, the second wants to be recognized, the third wants to control, and then they get stuck. Then they want to change and release the stuck state. Then they feel pleasure. Is this a release from a single goal?

Wind 2020-12-29 12:37:27

Release one, then release
another, then release yet
another until you feel you have
it.

Peaceful and Free 2020-12-29 12:37:37

Was the slight feeling of panic I released yesterday a fear of death? I still wanted to control it.

Wind 2020-12-29 12:37:59

Panic is fear

Fear is an emotional state

Then you can see whether you want control, acceptance, or safety, peace, and freedom. (2020-12-29 12:40:21)

@Wind, if you have any feelings, allow them to surface and then see what kind of desire it is, then you can let it go. (Wind, 2020-12-29 12:41:11)

Release desires faster

Peaceful and Free 2020-12-29 12:42:13

If you feel like letting a feeling go and ignoring it, isn't that suppressing it, not releasing it? (Wind, 2020-12-29 12:42:53)

This is repression.

Da Bao 2020-12-29 12:43:10

Once you feel you've achieved something, should you refocus on that goal, or switch to a different goal, take a break, and then try again? (Wind, 2020-12-29 12:43:29)

Feeling like I'll continue to release Da Bao after acquiring it 2020-12-29 12:43:30

What I mean is, until the manifestation is complete, I still feel that having it is enough. (Wind, 2020-12-29 12:43:38)

You don't need to stop releasing it until you are completely sure it's yours.

Peaceful and Free 2020-12-29 12:43:53

@WindIsGood, I've noticed I often have this self-righteous repression, as if I'm some kind of awesome person who can bear any feeling. live

Wind 2020-12-29 12:43:54

Your mind will naturally drift away from the goal.

Because it's already yours, you won't think about the target anymore. (Yan, 2020-12-29 12:47:52)

For example, I try to release my anxiety about having a big face, but every time I look in the mirror, the anxiety comes back. What should I do? Should I stop looking in the mirror altogether? @Wind

Wind 2020-12-29 12:48:20

That means the underlying

feelings have been brought
to the surface and are
being released.
You've received it once it's
completely released; you'll know
immediately that you've received
it without needing secondary
confirmation.
Responding to the question about looking in the mirror

Elizabeth Zhang 2020-12-29 12:52:36

If you're considering releasing information about a target and think about all the possible reactions the other person might have, including many negative ones, what kind of feeling would you want to convey?

God be. 2020-12-29 12:52:43

When heartbroken and utterly despondent, how long can one continuously release these emotions? Sometimes, even releasing emotions for several hours can cause a sudden drop in spirit.

Entering the valley @ wind

Wind 2020-12-29 12:53:13

The possibility of something
bad is just a feeling; any
feeling can be released.
If you continuously release your desires,
you can completely release them in a few hours.

(Salarin, 2020-12-29 12:53:49)

@Is the release of wind in a very relaxed state? Why haven't I experienced the following: Releasing the desire to control means becoming aware of that desire, and at the same time, you naturally have a tendency to let it go.

Wind 2020-12-29 12:53:58

Of course
Therefore, continuous release is key.

When you can't tell the difference, there's something you want to figure out. (December 29, 2020)

Elizabeth Zhang 2020-12-29 12:54:24

To give an extreme example, such as before going to court, you need to consider what the other party might say and how they might argue.

Wind 2020-12-29 12:55:00

Therefore,
continuous release
is the key and
doesn't need to be
considered.

Shuxin 2020-12-29 12:55:14

@Teacher Feng, how do I categorize these emotions that I'm describing?

Wind 2020-12-29 12:55:35

No analysis required
Release the one you want to control

Elizabeth Zhang 2020-12-29 12:56:12

@Is the wind talking about me? Elizabeth Zhang 2020-12-29 12:56:30

No need to

consider all the
possibilities . (2020-12-29
12:57:00)

sorrow
Yes, you don't need to use
your brain to think about
all the possibilities.
You've noticed, it's all
about trying to control.
After releasing them, they will
all quiet down. (Sarah, 2020-12-29 12:58:19)
@The wind naturally has a tendency to let it go.

Why haven't I realized this yet? Did I do something wrong?

Wind 2020-12-29
12:58:47

No need to think about those images and thoughts one by one; just practice with the video.
Simply practice, relax a bit

Shuxin 2020-12-29 12:59:00
@Wind's sorrow is an emotion category, but I don't understand which desire it belongs to. (Wind 2020-12-29 12:59:15)
When you can't tell the difference, you want to figure it out, and that's what you want to control.
Once you release what you want to control, you'll be able to distinguish between what's above and what's below. Your subconscious will automatically surface; by continuously releasing these things, you can clear your subconscious.

Elizabeth Zhang 2020-12-29 12:59:41
So you just know you don't need to focus on this limiting belief to release it, right? (Wind, 2020-12-29 12:59:48)
No need to focus on beliefs, release feelings

Elizabeth Zhang 2020-12-29 13:00:15
Release the target without releasing the discovered limiting belief.

风 2020-12-29 13:00:06
卡住了
先允许卡住的感受表达出来让自己感受到卡住的感受

Li Yuan 2020-12-29 13:01:17
Is a feeling of lack also released directly? @Teacher Feng

Wind 2020-12-29 13:02:18

you can release the
desired control over
it .

Anna Anting 2020-12-29 13:02:22

@Wind Sometimes I feel like I
don't even accept myself
anymore, so how can I want to
be accepted?

Wind 2020-12-29 13:00:29

If the feeling is vague, then allow yourself to experience that vague feeling.

Wang Jingfang 2020-12-29 13:00:45

@Feng Gang followed the complete process for a release of feelings and realized that he thought he didn't have it or couldn't do it, so he was anxious and worried and came to you for advice. When the release ended, he found that he did have it and could do it, so he relaxed. Is this the process?

Wind 2020-12-29 13:00:59

Then release the vague desire

to change is not

释放的过程是一种体验不是头脑的想法
多练习流程
允许自己感受到自己的情绪然后使用问句
问句不需要被理解，只是问就可以

If you don't accept yourself, isn't it because you want to be accepted? Once you've experienced release, the feeling will be very clear. Therefore, beginners need to practice to experience it. It's okay, you'll get it after a few tries.

Keep it simple

It's best to practice with a video.

Elizabeth Zhang 2020-12-29 13:02:10

The question of what needs to be done to achieve a goal is also a kind of limitation and a desire for control. (Feng, 2020-12-29 13:02:50)

"What must be done" is, of course, a limitation; a complete clearing at once will not...

Most people retain some of their energy with each release, thus creating an endless cycle.

Hao Qianqian 2020-12-29 13:02:21

@Is the wind following that video about releasing desires? 2020-12-29 13:02:47

There is a noticeable feeling after release.

Sometimes it's not obvious, it's subtle, but most of the time it's noticeable.

Elizabeth Zhang 2020-12-29 13:02:50

Focusing solely on the goal, feeling a sense of possession during the process, but still feeling the need to take a certain action—does that mean not having truly released control? Does true control mean not needing to actively do anything, even with a goal of a hundred million, opportunities will come to you on their own?

Wind 2020-12-29 13:02:59

Yes, pure love

Yes, it needs to be released until it falls onto your knees.

After learning how to release emotions, practice along with this video.

Elizabeth Zhang 2020-12-29 13:03:21

@Wind, in the process of achieving the goal, do the actions of those who are inactive have a sense of being guided or relaxed, rather than being proactive and spontaneous?

Wind 2020-12-29 13:03:42

You don't need to do anything proactively.

Aside from releasing, you don't need to do anything.

Elizabeth Zhang 2020-12-29 13:03:51

If a thought has already arisen, is ignoring it a form of escapism? Or is focusing solely on the feeling, and escaping the thought itself, not escapism? Is it about completely abandoning the path of thought and focusing solely on the present feeling, regardless of any good ideas or suggestions the mind might offer during the process of releasing it?

Wind 2020-12-29 13:04:10

You don't need to follow your thoughts.

Simply releasing your feelings can clear away thousands of thoughts.

Feelings, which Lester calls programs, are

the programs that drive thoughts. Even good

beliefs, you don't have to follow them.

Continuously release feelings

Release the feelings that surface

Camphor tree 2020-12-29 13:04:16

@The wind got stuck. When I tried to let go and change things, it seemed like it was still there. Was it because I hadn't fully released it?

Wind 2020-12-29 13:04:28

You can continue to allow yourself to feel this stuck feeling, and then release the urge to change. (Camphor Tree 2020-12-29 13:04:30)

@Wind , can you not ask anything, but simply be aware of this blockage?

Wind 2020-12-29 13:04:50

有时候会有用，但是如果你不有意识去释放，会持续卡住不要变成一种

“觉知法”

It got stuck on 2020-12-29

Wind 2020-12-29 12:59:21

Stuck

First, allow the feeling of being stuck to be expressed, let yourself feel the feeling of being stuck, and then release the desire to control it.

2020-12-29 You don't need to follow your thoughts; simply releasing your feelings can clear away thousands of thoughts.

Wind 2020-12-29 13:20:21
Student (Haier): I have a question. How do you get yourself to that point where you're not an actor? Lester: Me? I just say, "I'm not an actor," that's all.

Student (Haier): That's you, how do I do that?

Lester: Practice. Of course, the best way is what I said before, release. When you release, you're no longer an actor. Sometimes this answer confuses you (laughter) .

Wind 2020-12-29 13:20:45
Student (Hayr): Lester, lately I've been looking at all the concepts I have, including that spiritual concept—that I am not this body . Then, there's something I'm doing right now that I'd like you to help me check if I'm on the right track. I want to follow that belief because when I let go of it, I often feel worse, and my inner experience with the concept becomes , "It's just a concept."

Lester: "I am not this body" is an admission of a body, isn't it? It's a trick of the mind, the mind that only deceives you, destroys you, squeezes you, making you continue to believe you are an infinitesimally small body. The function of the mind is limitation. So when you let go of your mind, what remains is your existence. That's it. And it's right here, without limitation.

Wind 2020-12-29 13:21:06
You don't need to follow your thoughts.
Simply releasing your feelings can clear away thousands of thoughts.
Feelings, which Lester calls programs, are
the programs that drive thoughts. Even good
beliefs, you don't have to follow them.
Continuously release feelings

feeling 2020-12-29 13:21:42

> @Feng Haier was so lucky to meet Master Lai and be authorized to continue this method, yet he still failed to reach the finish line.

Why is that?

Wind 2020-12-29 13:21:59

> You can see that even when Lester was alive, Hale already had a tendency to modify this method. The people Lester truly favored, Michael and Ralph, wouldn't be allowed to spread the method. The people Lester entrusted with the responsibility of promoting the method were precisely those less inclined towards freedom and more inclined towards good. Lester would only let them be liberated, to gain freedom first.
> The relationship between teachers and students is one of correspondence. In reality, the masses do not want freedom . Those who do not want freedom are suited to modified methods and some psychological stress relief.

Each has its own suitable method.

You could also say it's because of karma.

December 29, 2020: Your decision was merely driven by your feelings.

Elizabeth 2020-12-29 14:03:07

The wind, being in a state of omniscience, probably knows who the next Nirbhabhapa Samadhi will be. @风风2020-12-29 14:03:14

There is no free will in actions driven by karma.

However, choosing to identify with your body or your true self is entirely a matter of free will.

Elizabeth 2020-12-29 14:03:35

What is the relationship between fate and liberation ? (2020-12-29 14:03:48)

Destiny is your program

Releasing means deactivating your program; only releasing can deactivate it.

Without releasing those processes, whether through action or inaction, it is impossible to eliminate karma, and therefore there is no free will to speak of.

ZOEY 2020-12-29 14:03:50

@Feng, regarding goal release, how can I achieve it without taking any initiative or becoming an "actor"? For example, if the goal is to easily complete a task, how can I do nothing to do so? The materials I need to write have already been submitted; can I simply do nothing? Perhaps this question is a bit silly.

Wind 2020-12-29 14:03:59

If you fully release it, you can do it.

Elizabeth 2020-12-29 14:03:07
@风因此可以通过释放认同真我而完全解除程序业力 命运八字什么的都不算数了
是吗
风 2020-12-29 14:03:07
嗯，只要你持续释放几天，所有的星象命理对你完全失效

Elizabeth 2020-12-29 14:04:10

What I was actually asking was, in your current situation, how do you help the next person reach Samadhi? You are omniscient, so see...

Get the future

We should know who it is.

Wind 2020-12-29 14:04:19

No, this has no future.

Everyone can decide to achieve freedom at any moment.

Elizabeth 2020-12-29 14:04:27

Therefore, the idea of future wars or new methods 70 years from now is merely a generalization based on the current karma of the Earth.

Rate

Wind 2020-12-29 14:04:36

This is complete free will, unaffected by anything.

Elizabeth 2020-12-29 14:04:44

It's not a
certain future,
is it?

Wind 2020-12-29 14:05:07

This is a definite future.

Elizabeth 2020-12-29 14:05:24

Why

Wind 2020-12-29 14:05:37

Because you won't change it.

Elizabeth 2020-12-29 14:06:00

With so many people on
Earth, if they practice

风 2020-12-29 14:06:13
你觉得地球有多少人在趋向自由?
在这个德帕拉时代，没有多少人在趋向自由
打着灵性旗号团体聚集起来的并不是想要自由的人，这只是个极大的误解

consciousness?

Elizabeth 2020-12-29 14:06:44

Do you already know about the new,
faster method 70 years from now?
Can you tell me?

Wind 2020-12-29 14:07:50

You can't use it
That's the result of physical evolution.
You can directly see the subtle properties created by the particles of life.

Elizabeth 2020-12-29 14:07:59

So much evolution in 70 years

Wind 2020-12-29 14:09:05

It is one of the 112 paths.

Elizabeth 2020-12-29 14:10:10

What are life
particles ? (2020-12-29
14:10:14)

Those who survive
nuclear war will evolve

life particles that make
up astral bodies.
Elizabeth 2020-12-29 14:12:13
When will
nuclear war begin?
(2020-12-29 14:12:18)
This content is
meaningless, so I
won't say much more
about it.
Achieving freedom through
the release method takes one
or two months; there's no
need to worry about it
taking that long.
Sui Le 2020-12-29 14:12:26

@Karma can only be changed through release; attempting to change karma only creates new karma. However, in real life, when encountering conflicts or entanglements (such as being framed) , money or power can be used to resolve them. Does this create even greater karma?

Wind 2020-12-29 14:12:50

You can do it this way, or you can not do it this way, but you don't have free will in this matter; your decision is only driven by your feelings.
Every thought and action you have is pre-set. After releasing those feelings, you eliminate some karma. At this point, you will experience new karma.

Lester: We preset the behavior of this physical body before we enter it to put us through experiences that we hope to learn from.

A: Before we enter this body, we have already pre-planned its subsequent behavior in order to learn something from it.

Q: Knowing that you would attain Realization this time?

A: Did you know you would attain enlightenment in this lifetime?

Lester: No. Knowing that in past lives you subjected yourself to the l aw of action and reaction, cause and effect karma (they're all the sa me (thing) and that you want to continue that game. You did certain t hings when you were in a physical body before, so next time you want to set up similar things in a hope of undoing some of the things y ou dont like, and instigating the things you do like. But you cannot change anything that the body was preset to do by you. You're going to do exactly What you preset for that body before you came into it.

There is no free will in worldly living. However, there is a free wil

1. The free will we have is to identify with the real Being that we are, or to identify with the body. If you identify with the body y

ou're in trouble. So the free will is one of identity. Knowing this, it makes life much easier? you don't fight it. You aim for proper ide ntity.

A: I don't know. But I will know that you have been subject to karma in past lives, and I will also know that you want to continue this game. In past lives

You did something, so this time you set up something similar to eliminate the things you don't like and continue the things you do like. That's true. But you

can't change anything you've presupposed about your body. Before you even entered this body, you were already prepared to carry out what you'd presupposed. There is no free will in worldly life. However, you do have free will regarding whether you identify with your true self or with your body. If you identify with the body, you'll get into trouble. So free will is a choice of identification. Knowing this makes life easier because you no longer struggle; your goal is the correct identification.

Contrary to what many people think, there is only one thing you have free will: the decision to be free or restricted (to identify with your body or your true self).

Secular life lacks free will; every desire you have is merely driven by past experiences.

Elizabeth 2020-12-29 14:13:07

Why is there new karma even after I've released the feelings associated with this event? Do you mean there's something else that hasn't been released yet?

Karma?

Wind 2020-12-29 14:13:47

Um

Elizabeth 2020-12-29 14:13:57

Direct identification cannot lead to freedom because it still involves feelings and belongs to intellectual identification. Only by releasing pure karma can one have the opportunity to identify.

ZOEY 2020-12-29 14:14:14

There is no true free will in secular life—does this mean that to achieve true freedom one must detach oneself from secular life? But ultimately, we still need to rely on this body and this world to achieve freedom, don't we?

Wind 2020-12-29 14:14:20

Releasing means acknowledging your true self.

Elizabeth

This identification occurred before the feeling was fully released. It seems to be useless.

Wind 2020-12-29 14:14:26

Each time you release yourself, you release a small part of your ego, which leads to a greater identification with your true self.

This means that you don't have free will over other things.

There is only one thing you have free will: the choice between freedom and being bound.

Elizabeth 2020-12-29 14:14:57

Is releasing a goal and letting it be achieved a choice that belongs to oneself, or does it not belong to free will?

Wind 2020-12-29 14:15:05

Release your choices

But is your goal free will? Why do you have this goal?

For example, why do you want money? This is driven by past karma.

Sui Le 2020-12-29 14:15:18

@Wind, resolving conflicts and entanglements with money or power is also driven by karma, and it's preordained, right? Wind 2020-12-29 14:15:22

The cause of your desire
Yes, as long as you don't release it, you will inevitably experience what you've predetermined.

Venerable Kriya Nanda told a story about a man who, after experiencing World War I, believed that World War II was inevitable. He spent a long time searching for a place to live in seclusion. Finally, he found a good place, bought a piece of land, and settled down. But, well, it turned out to be the place where World War II was fought most fiercely.

Trying to change karma
through action is useless;
karma is action and
reaction.
You can never eliminate
karma through actions; only
through a release and
liberation process can you
do so.

2020-12-29 If you've developed a habit of suppressing your feelings, you'll need to spend more time breaking that habit.

Ruan Daxian 2020-12-29 17:08:34

I've entered a very strange phase because my entire life has been dedicated to internal transformation, but ultimately, it's been a complete failure. So whenever I try anything, like releasing something, I'm met with closed doors. My inner self is very resistant; for example, I'm constantly lethargic, or I get very angry when I ask myself "Can I let it go?" a few more times. I don't want to try anything new because I don't want to go through that Nth phase. This was a profound disappointment, even despair, so despairing that I contemplated suicide. I don't know how to open another door . @Wind

Wind 2020-12-29 18:31:59

This is a decision
only one can make;
the Buddha failed
countless times.
Make a decision to do it, try to release it.
Disappointment or even despair is just a feeling.
Any feeling can be released, and the attitude after release is completely different from before. (Yitian, 2020-12-29 22:01:19)

Is this because I'm too introverted?
Do people who are used to focusing on their inner selves often find it harder to experience release? (Wind, 2020-12-29 22:03:17)

It's just a habit of suppressing.
If you're used to suppressing your
feelings, you'll need to spend more time
breaking that habit and practicing
releasing them. This will help you recover
quickly.

The six steps of the release method are the only key. (December 29, 2020)

Tiancheng 2020-12-29 18:24:12

The illusion of this world, the Maya also called it "agnosticism" (avida) , which means "non-knowledgeable, " ignorance, and delusion .

Mayan or ignorance cannot be destroyed by rational belief or analysis; it can only be achieved through the inner state of "Nabhikpa" samadhi .
The prophets in the Old Testament, and all prophets in all places and all ages, prophesied things in this state of mind.

—From "An Autobiography of a Yogi"

Ignorance cannot be destroyed by
rational belief or analysis . mind will
never undo the mind only releasing help
So there's only one
answer: Go and let go.
Remind yourself of this
first step.

But what's stopping you? It's what I just said: the fear of losing what you have now. When you're free, you'll never lose anything, you'll never throw anything away, and you'll have more and more. The correct thing is, you'll lose your poor playthings.

Your unbearable suffering. When you are free, you will move around, still eat, and still talk. If you want your body to function indefinitely, you can choose immortality. So, let go of this fear and worry—"If I gain freedom, I will die." I think this is perhaps the greatest obstacle for all of us—"If I gain freedom, I will die."
(If I go free, I will die. These feelings will continue to sustain my life. They are my protectors. I will get angry, I will beat them up, or I will muster the courage to destroy them.

Look at those great saints. Did the Buddha disappear after he gained his freedom? I think he returned to the time when he was a prince or king. Didn't he? Did Jesus die? Well, they use that to prove eternity. Jesus returned to earth three days later, and he is still alive. The same goes for the Buddha.

> get everything by releasing only
> everything means everything
> Control is a good thing, but wanting to control is not, because wanting equals lack.

As we know, control isn't a bad word, nor is it a bad thing ; it's the "desire" to control that is. When we are free , we can completely control the entire universe with just a simple thought. When you are free, your mind is quiet, without any thoughts, so any idea you put in your head will materialize and come to fruition. But currently, your mind may be troubled by thousands of thoughts, and all of them are related to AGFLAP .

Ming 2020-12-29 18:24:54
> The female teacher who taught Nimala achieved freedom, but he went to India with another female teacher. (2020-12-29 18:25:18)
> Pamela

Ming 2020-12-29 18:25:51
> The group admin mentioned that only three people were now free, and she was one of them.

(Tiancheng, 2020-12-29 18:26:16)
> Therefore, you need to release it yourself and verify it personally.
> By doing this, the mind is actually stopping the release.

However, when fake masters appear, it is necessary to correct them (when asked) , because incorrect methods may mislead people for a lifetime, or even many, many lifetimes.

> The chat log above mentions...
> The group admin has already explained the learning steps to everyone; just follow those steps.
> "Ultimate Truth" is Lester 's audio teachings from his early period, that is, the method before the discovery of the Release Technique. Lester later only shared the Release Technique.
>
> The principles in the ultimate truth are 100% correct, but the methods are ineffective. The release method, however, is extremely efficient.

of.

The six steps are the only key to the release method.

学习释放流程，是为了去贯彻六步骤
释放流程有两个，第一个是释放情绪的流程，是入门的，让你体验释放的学会释放情绪后
，课程安排的是两天，就去学习释放欲望
释放情绪，是为了更进一步去释放欲望的
然后学会释放欲望后，就去看 THE WAY 的内容
THE WAY 的内容都在讲六步骤
其他进阶的内容也在讲述关于六步骤的内容

2020-12-29 The next decision: Don't back down.

Wind 2020-12-29 22:18:39

But on this day, no matter how hard he tried to transform that feeling into love, he still felt an inescapable despair. He wanted to escape; he longed to get up from his chair and run away to eat something, to do something to rid himself of this intense despair. But he decided he had to sit there until he resolved it. He realized that if he succumbed to this despair this time, if he lost this battle, he would be utterly destroyed. He sat in his chair, determined to withstand this test.

The fear of death terrified me far more than any other terror I had ever experienced in my life. It made me determined: "Either I find the answer , or I leave this world myself and stop my heart condition from doing this."

But I have a good and easy way to do it - morphine, which my doctor allows me to use when I have a kidney stone attack.

Now, let me tell you more. If you truly believe what I'm saying, you will forget everything else and, upon returning home , resolve to sit down until you see "it," because "it" will give you everything, with just a thought. If you do that, you will see "it"! Just like the Buddha, who renounced his throne, sat under a tree, and resolved not to rise until he saw the truth, and in the end, he saw the truth.

【

Q: Some people here have discussed robots. Actually, I think we can think of the body as a robot. We use this physical body, and when we no longer need it, we let go of it, but what we have always remains.

A: It's good to view the body this way.
Now, let me tell you more. If you truly believe what I'm saying, you will forget everything else and, upon returning home , resolve to sit down until you see "it," because "it" will give you everything, with just a thought. If you do that, you

will see "it"! Just like the Buddha, who renounced his throne, sat under a tree, and resolved not to rise until he saw the truth, and in the end, he saw the truth.
】

(Note: Added by Omi, the compiler)

Reference:

https://www.douban.com/group/topic/32214499/?_i=4046989d1APvND,4046990d1APvND

(Posted by 风 on 2020-12-29 22:19:20)

Don't back down from the next decision.

Xiaoli shared on December 30, 2020

Xiaoli 2020-12-30 04:47:01

Two days ago, I watched the video about the release of wind and the original release method. The video, titled "Wind," introduced the original release method: Finally... Original Release Method Course

Xiaoli 2020-12-30 04:55:43

I started practicing release techniques in the evening. At first, it was difficult to get into the state, but after practicing release for a while, I gradually felt relaxed and detached. No pleasure arose.

Yesterday 早, we continued releasing the energy. Those who succeeded all said to keep releasing it continuously, so we just kept doing it. I kept releasing until I felt joy inside, and I realized how simple releasing is. I even shared the concept of "allowing" in the group.

Because the survival program is constantly operating, the lack of a perceived "want" to emerge means it's being suppressed and needs to be "allowed."

May"

of the book again at noon . I took screenshots to jot down the parts that really resonated with me, and I also read everyone's comments.

Day, continue releasing after dinner.

Because it didn't continue at its peak, it dropped.

What followed was a series of releases entirely through the mind, and I didn't even realize that after using my mind for over an hour, I couldn't release anymore. I was so tired, I just went to sleep.

I woke up at 1:30 and continued to release my emotions. I finally realized that I was using my mind; I was just feeling instead of thinking.

Xiaoli 2020-12-30 05:03:50

Because the survival program is constantly operating, the lack of a perceived "want" to emerge means it's being suppressed and needs to be "allowed."

May"

Wind 2020-12-30 05:03:50

As long as you don't release it, you're suppressing it.
Feelings kept emerging and then disappearing; the feelings kept rising.

Xiaoli 2020-12-30 05:36:12

You've probably all experienced (feeling) constantly rising and falling, a state of rising and falling (You've) probably experienced the state where it comes up and floats out, comes up and floats out.).

You must achieve this, do it. Really, there's so much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of it, a continuous release, look at the six steps. You must keep the release ongoing. Keep letting the (feeling) rise and go all day long. You become aware of a feeling and release it. It's a bit like you sit and watch it, watching it unfold.

Xiaoli 2020-12-30 05:39:08

In the subsequent release, I simply allowed myself to feel, without doing anything; "wants" kept popping up one after another. Then, somehow, I was triggered by a fear of death... Wow... that feeling, I was afraid of disappearing, terrified, because...

To avoid instilling fear, I contemplated that I was an infinite being, and successfully pulled myself back to my senses. Indeed, every thought is a limitation, a limitation indeed.

Continue the attack, taking big gulps of that kind of food. (Changning, 2020-12-30 06:21:36)

@Xiaoli, that's great! Thank you for sharing ! (2020-12-30 06:23:08)

@Xiaoli is awesome! I'm so inspired! (Dabao, 2020-12-30 06:29:04)

@Xiaoli congratulates Li Yuan on 2020-12-30 06:39:17

@Xiaoli Great! Seeing the news made me feel a little relieved too. Sedona's road 2020-12-30 08:15:10

@Xiaoli congratulations Everything is the best gift. (Xiaoli, 2020-12-30 09:33:16)

Thank you everyone!

When faced with the fear of death, I lose all feeling in my body and float in a state of fear, automatically moving forward. As I delve deeper into this state, I become so terrified that I try to contemplate the existence of infinity.

A friend recommended the Original Release Method WeChat official account to me on the 26th. For the first two days, I was releasing while watching it, but I didn't really understand the release process. I was resisting and feeling restless while releasing, and gradually I started to feel the release.

Even while cooking and doing chores every day, I'm still releasing my emotions, practicing, and practicing until I can maintain that release even behind the scenes. So, just do it!

The mind will never, ever give you the answer, and yet you're trying

to find it through your mind. It's like trying to grab a crocodile to cross a river. It will never let you across. You must begin to quiet your mind; when the mind is quiet, there are no thoughts. What fuels all thinking? Feeling.

What we lack is that everything we do through our minds is limited and can be harmful. Every thought...
All of these have limitations, obscuring our infinite existence. Therefore, we need a method to remove the motivation for all thinking, which is feeling.

Xiaoli 2020-12-30 10:36:26

Allow feelings to arise, become aware of the "desire" behind those feelings, release that "desire," release that "desire."

Wind 2020-12-30 10:36:25

I call them pressures because every subconscious feeling wants to surface and reveal itself. We are very careful to bring them to the surface, and then let go of the control, releasing the subconscious pressure and drive, and letting them flow.

You don't need to chase after your feelings after you've experienced them; they're with you all the time, and you're running away from them all the time.

I am Infinite 2020-12-30 10:38:37
[Group chat history]
【
Wind: There's no breakthrough in the method. Wind: The method is very simple.
Wind: Every breakthrough complicates things.
Wind: Complication is a trick of the mind.
】
I am Infinite 2020-12-30 10:51:37
@Xiaoli, you're amazing!
Xiaoli 2020-12-30 10:57:39
@I am infinitely grateful
Yes, I followed the process in the chat log. When I didn't feel anything, I just kept doing it, which brought out all my disgust for the world. After releasing this disgust, the release became smooth.
I am Infinite 2020-12-30 10:58:34
[Group chat history]
【
I am Infinite : Xiaoli has only been released for two days [facepalm]
Wind : This is the normal speed
Wind : It's normal to be able to release the wind after learning the release method for two days. **Wind :** The main problem is that there are too many preconceived notions in the spiritual community.
】

2020-12-30 Are you not allowed to pause and fully express yourself?

I am Infinite 2020-12-30 10:18:32

I feel like I can sense it; I know whether you want to control or accept, but you just can't release it—you're stuck at that step.

I ask myself these questions hundreds of times a day, feeling the urge to control or agree with things hundreds of times, but I just can't let go. It's incredibly frustrating.

Wind 2020-12-30 10:19:32

Wait a moment
Are you not allowed to
fully express what's stuck
in your thoughts? Are you
not allowed to express
that stuck feeling?

I am Infinite 2020-12-30 10:20:39

It seems so

I've always felt
that to break through the
bottleneck ... (2020-12-30
10:20:52)
Only by allowing it to
express itself can it be released.
(I am Infinite, 2020-12-30
10:21:00)
I've always wanted to
let it out . (2020-12-30 10:21:04)
This is the release process.
Of course you can't release it if you don't follow the procedure. The worst thing we can do is suppress it. The second, slightly better, worst thing is to escape it. The third thing we can do is begin to release what we've suppressed, which is to express our feelings or emotions. The fourth thing, which is what we need to do, is to pour out our suppressed emotions.

Allowing feelings to be
expressed is the
beginning of release;
the same applies to
feelings that are stuck.

I am Infinite 2020-12-30 10:22:34
I've discovered that I absolutely cannot tolerate
being stuck. I hate it, loathe it, and reject it. I
think being stuck is the most awful thing.
I really hate it.

Wind 2020-12-30 10:22:55
You are
suppressin
g it,
suppressin
g it.
Press the accelerator and brake at the same time

I am Infinite 2020-12-30 10:23:24
This blockage made me lose my dreams and my freedom.

Wind 2020-12-30 10:24:10

Stop lamenting.
Immediately allow yourself to feel stuck and let it express itself.
It's very simple, just follow the procedure and everything will be fine. The group admin likes to invent and interpret things on his own.

I am Infinite 2020-12-30 10:27:42

[Facepalm]

Wind 2020-12-30 10:27:44

I am Infinite 2020-12-30 10:27:54

I suddenly realized that this powerful feeling of exertion did indeed allow him to express himself, and he would slowly leave.

I tried every possible method, I really kept trying to break through, to release it, to find a way to control it, but I just forgot to allow it to express itself.

That feeling of force came back, very strong, so I decided to just let it express itself, let it express itself, and then slowly moved away, relaxed, and it walked away on its own. [Facepalm][Facepalm][Facepalm]

brought out all my disgust for the world.

I am Infinite 2020-12-30 10:38:15

[Chat Log: There's no breakthrough in the methods]

Xiaoli 2020-12-30 10:38:19

Yes, I followed the process in the chat log. When I didn't feel anything, I just kept doing it, which brought out all my disgust for the world. After releasing this disgust, the release became smooth.

2020-12-30 Wind and Heaven — You have to decide to do it in order to let go.

Tiancheng 2020-12-30 10:46:51

I've decided to release the stuck program. (Tiancheng, 2020-12-30 10:47:00)

No more delays . (2020-12-30 10:47:22)

But on this day, no matter how hard he tried to transform that feeling into love, he still felt an inescapable despair. He wanted to escape; he longed to get up from his chair and run away, to eat something, to do something to rid himself of this intense despair. But he decided he had to sit there until he resolved it. He realized that if he were to succumb to this despair this time, if this battle... If he lost, his entire army would be wiped out. He sat in his chair, determined to withstand this test.

Wind 2020-12-30 10:47:35

You have to decide to do

it to release it;
otherwise, you'll retain
some of it, and it will
keep coming back.
My suggestion is that you make a simple decision
today to release some things and feelings that
you've been avoiding.
Break free from some
programs that have long driven you .
(2020-12-30 10:54:33)
OK

On December 30, 2020, I taught a person who had never been exposed to the practice of release techniques. They could learn it in less than two days .

I am Infinite 2020-12-30 10:52:15
Xiaoli was only released two days ago! [facepalm]

Wind 2020-12-30 10:52:54
This is the normal speed.
The idea that one can achieve
liberation after just two days
of learning the release method
is normal; the main problem lies
in the mindset of those within
the spiritual community! There
are just too many concepts.
If you teach a complete beginner how to perform a release ritual, they can learn it in less than two days. The large groups are filled with people who have switched from various spiritual practices; that's the disadvantage.

2020-12-30 Wind and Nature in Harmony—Ananda's focus on the Buddha surpassed his attention to the Buddha's teachings .

Tiancheng 2020-12-30 14:36:41
Was Ananda free while the Buddha was still alive? (Posted by Feng, 2020-12-30 14:37:12)
No
He was born after the Buddha's Nirvana. (2020-12-30 14:37:35)
Is it because of a strong dependency? (Wind, 2020-12-30 14:37:42)
Um
His focus on the Buddha surpassed his attention to the Buddha's

teachings . (2020-12-30 14:40:09)

Did Ananda indeed gain freedom later? (2020-12-30 14:40:18)

That's right, Ananda was finally free. (Tiancheng, 2020-12-30 14:40:38)

What's his situation now? (Posted by Feng on 2020-12-30 14:40:53)

Most of the Buddha's disciples became Siddhartha Gautama. (2020-12-30 14:41:18)

How many of the Buddha's disciples were truly free? (Posted by Feng, 2020-12-30 14:41:47)

Several hundred Tiancheng 2020-12-30 14:42:23

Was it achieved around the time of Buddha's Nirvana? (Feng, 2020-12-30 14:42:39)

Um

Tiancheng 2020-12-30 15:25:10

The first step is wanting freedom more than wanting the world.

It's not about rejecting the world or not wanting the world anymore, right? (Wind, 2020-12-30 15:25:45)

Of course not

Disgust for the world is essentially a desire for a naturally perfect world. (2020-12-30 15:26:00)

I've found that many people misunderstand this, and I used to be one of them too.

What was it like when you took that first step? What was your attitude towards the world?

Wind 2020-12-30 15:29:01

It sounds as though you're saying we should not desire automobiles, we should not desire homes, we should not desire wives or sweethearts, we should not desire anything, but become nothing.

Q: It sounds like you're saying we shouldn't crave cars, we shouldn't crave homes, we shouldn't crave wives or lovers, we shouldn't crave anything at all, but rather become nothing.

Lester: Everything was right but the last part of your sentence. You become everything instead of nothing. Become everything and you need nothing.

Desire is lack and the consciousness of separation, the source of all trouble. If you are everything, the All, you need nothing. See, everything was right down to that last part of your sentence, just reverse that and you've got it. OK?

Lester: Everything is right except for the last sentence. You become everything, not nothing. Become everything, therefore you need nothing. Desire is the consciousness of lack and separation, the source of all problems. If you are

everything , all of everything, you need nothing. See, regarding the last part you just said, "everything"

"(everything)" is the correct word; it's just reversed. Okay?

Wind 2020-12-30 15:29:30

Goals and You must win .

Tiancheng 2020-12-30 15:33:24

I just checked the time.

There are still
two months until
the Spring
Festival, and I
have a
feeling...
Complete the
entire journey in two months.
(2020-12-30 15:34:04)
come on
Tiancheng 2020-12-30 15:34:08
I don't want to
drag this out any longer.
(2020-12-30 15:34:12)
An infinite being can
certainly achieve this at any time.
(2020-12-30 15:35:37)
Can you help me on this
journey? I know you've
been helping me all along.
Wind 2020-12-30 15:35:51
Of course, and every master
will help you when you truly
embark on the path to
awakening.
Tiancheng 2020-12-30 15:37:09
I really hope to get
your guidance . (2020-12-30 15:37:30)
You need to set a goal
that you truly want and
have the motivation to
achieve it.
Tiancheng 2020-12-30 15:38:31
a million dollars what
I truly want? But I
think I'll gain
everything once I'm
free.
Wind 2020-12-30 15:38:42
Did you feel
that excitement? (Tiancheng,

2020-12-30 15:38:54)

Why don't I just go directly to Free Wind? (2020-12-30 15:39:02)

That's fine too.

Achieving freedom directly can also be a natural outcome. (2020-12-30 15:39:16)

Um

So I'll take this as my goal and give myself two months to achieve it before the 2021 Spring Festival.

Tiancheng 2020-12-30 15:42:32

I'm allowing myself to complete the entire journey and reach the finish line before February 12 , 2021 .

Wind 2020-12-30 Tiancheng 2020-12-30 15:43:22

Do you have any suggestions?

You can write down everything you want. (Tiancheng, 2020-12-30 15:54:19)

good

Tiancheng 2020-12-30 15:38:31
1 million what I really want?
Wind 2020-12-30 15:38:42
Do you feel that kind of excitement?

December 30, 2020: The world is all about control and recognition.

I am Infinite 2020-12-30 22:40:26
To want freedom more than to want the world means to want freedom more than to want the world's happiness. (2020-12-30 22:40:29)
Why did you add the words?
To fully achieve the desire for freedom exceeding the desire for the world, you will reach the state of "I am Infinite" after discovering the sole source of happiness. (2020-12-30 22:40:37)
Does what I mean by
"world" simply mean
"world"?
Wind 2020-12-30 22:40:42
Want to control and identify
Lester Levenson (The Sedona Method)
in the Wasn't it clearly stated in the way ? (I am Infinite 2020-12-30 22:40:49)
But I think a better way to put it is, "You must want freedom more than you want the world."

Why did Lester say that wanting freedom more than wanting the world is more meaningful than wanting freedom more than wanting control and acceptance?

good?
Wind 2020-12-30 22:40:52
Because you might exclude many things
from control and recognition, but in
reality, the world does want control
and recognition.
Many people don't
see it that way. (2020-12-30 22:41:05)
I see

2020-12-31 get everything only by release

Wind 2020-12-31 13:28:23

One suggestion: Be bold in your thinking.

把你真正想要的，不管看上去多么不可能，都写下来用好第四个指导

2020-12-31 To fully experience a feeling is to respond to it, but when you have attachment or aversion to a feeling , you cannot fully respond to it.

Wind 2020-12-31 20:08:38

The word "feeling" used in the release method refers to emotional feeling.

The various descriptions under the emotion chart represent individual feelings. feelings)

These are categorized into nine emotion categories, referring only to nine emotional states such as indifference, sadness, fear, anger, etc.

And two basic feelings (basic) The feeling of wanting to control and wanting to identify is released. Releasing these two feelings releases all the emotions above them, as well as the most basic feeling, the fear of death. fear of dying, meaning wanting to survive.

Fear of death
Want to
identify with
and control
your emotional
state
Individual feelings

It's all about feeling.

The fear of death is the most basic.

The fear of death develops into two fundamental feelings: the desire for identification and the desire for control. (feeling)

This led to the development of nine basic feelings, also known as nine categories of emotions. grief fear Lust, anger, pride, courage, These nine basic feelings—acceptance, peace, etc.—have evolved into many more individual feelings.

That's the descriptive words below the emotion chart.

For example, the vagueness, numbness, and powerlessness that follow utter despair... these feelings drive every thought in your mind.

In this realm, emotions and thoughts directly construct your mental body, that is, your astral body directly releases the desire to control and identify with it; you then release all feelings that are above it.

When do physical sensations arise? When karma is transferred from the causal body to the astral body, and then to the physical body...

(Physical) loss

Physical pain is an alarm; it's the body's way of expressing the fear of death. When you respond to it, the alarm immediately dissipates.

The workbook's final suggestion to you is to release three wants. only

Let's see what Lester Levenson (The Sedona Method) suggests.

If you categorize your emotions, it would take countless lifetimes to clear away even one category. Releasing the three basic desires is extremely efficient.

To fully experience it is to respond to it.

But when you have attachment and hatred towards it, you cannot fully respond to it.

Therefore, what you need to release is not the alarm itself, but your attachment to and aversion to it. Use the method of release to release the desire for control, acceptance, and security.

Pay attention to the psychological feelings that physical pain brings you. Whether it triggers a desire for control, validation, or security, release it. Sometimes you'll find that just two or three times is enough for the physical pain to disappear

immediately.

And it will not recur.

Because it was released at the causal level.

This causes its karma to be released at the most fundamental level, while physical and drug treatments only work on the material level.

The highest virtue is like water (2020-12-31) 20:23:15

@How to release wind in tinnitus 2020-12-31 20:23:15

Similarly, you don't need to focus on the tinnitus itself to pay attention to your psychological feelings about it.

Ideally, one should become aware of the desire for control, validation, or security, and then release those three desires that cause everything.

They're all the same.

If you do it, it's extremely simple and efficient.

Vera Wang 2020-12-31 20:24:53

What is this awareness like? @Wind I often just use my mind to judge whether I want to control or agree, but I can't release the wind. 2020-12-31 20:25:15

It's not about emptying your mind, but about releasing yourself according to the process.

If you don't know the release method, start by learning how to release emotions, then learn how to release desires. Once you've learned that, you can use it directly.

If you can't let go, pay attention to the feeling of being stuck, and the desire to change it—this is a feeling, not a physical sensation.

Just learn it.

Learning is experiencing liberation.

In the course, individual Feeling refers to the following:
emotion The categories refer to
the nine emotion classifications
mentioned above, which are from
Agflapcap.
More than just a
question, it's
part of the
question
process.
No, Lester used basic feelings to describe the classification of emotions.
basic feeling
To describe the desire for control and identification in a more basic sense

feeling

The fear of death, the desire for identification and the desire for control, nine categories of emotions, and individual feelings are all referred to as...

Release until you are fully aware that it has been achieved.

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The goal will be achieved soon.

Sophie 2020-12-31 20:44:26

@The wind has been releasing itself for the past few days. I can't feel anything, I can't identify whether it wants to control or identify with me, and I can't feel whether it has left or not. It's a feeling of having no feeling at all... What can I do in this situation?

Wind 2020-12-31 20:45:04

This is the feeling of being stuck; feel it, and release the desire to control it.

TGZ2 2020-12-31 20:45:35

The desire to achieve a goal indicates a lack or a need. This need generates feelings, which can actually hinder the achievement of the goal.

Yun Guo's Kuiyin 2020-12-31 20:47:39

There can be a time interval, for example, it might have taken a month to reach that point.

Wind 2020-12-31 20:47:51

No need for a month
One month is the time Lester Levenson (The Sedona Method) has given for the entire journey.
No worldly goal requires more than two
weeks of release as long as you continue
releasing.
Continue releasing until the goal is achieved
If you decide to make it happen, it will still come.
Even things you don't want, if you decide
to achieve them, they will come; meaning
that anything impossible becomes possible
once you let go of it.
Even if you're not hungry right now,
you can decide to eat something
because you know you can.

The goal is the same.
The goal is not meant to make you achieve the goal itself, but to draw out your opposition.

Lester values goals because you need to
prove to yourself that you can achieve them;
the most important purpose is to evoke your
sense of aversion.
Because these are rather subtle.

TGZ2 2020-12-31 20:57:05

The feeling becomes more subtle as you go higher.

Because as you go upwards, your mind and thoughts become less active.
I can understand greed by combining it with desire, but I don't quite understand aversion.

Wind 2020-12-31 20:59:04
Craving and
aversion tend
to appear in
pairs.
We crave what we want and abhor what we don't want.

Ultimate Freedom 2020-12-31 20:59:36
Sometimes I feel that the world is particularly boring and meaningless.

Wind 2020-12-31 20:59:48
You hate the world, don't you?

The era of the Internet of Everything 2020-12-31 20:59:51
What could be the reason for the inability to continuously release the signal?

Vian 2020-12-31 21:00:28
@Wind , you're saying our disgust for the world also hinders our freedom, right?

Wind 2020-12-31 21:00:44

Disgust and craving appear together .
When you hate the world, it's
not that you want freedom,
it's that you feel the world
isn't good enough.
You want a better world
If you can't do it in a month, or even two months, then
you shouldn't be on this six-step project; it's either
too simple or impossible.
If you follow the six steps, you will
reach freedom within one or two
months; otherwise, you will not reach
freedom.
Taking small bites over many
years is just procrastination. (Wenlan,

2020-12-31 21:00:53)

@Wind , if I have 1-2 months of freedom, how long would I need to release myself each day? Wind 2020-12-31 21:04:59

It will not be accomplished through procrastination.

24 hours

December 31, 2020: Emotions and thoughts in this field directly shape your mental body.

Wind 2020-12-31 20:15:01

In this realm, emotions and thoughts directly construct your mental body, that is, your astral body directly releases the desire to control and identify with it, and you release all feelings above it.

Yeah, until it's completely released.

When do physical sensations arise?

(Physical) loss

When karma is transferred from the causal body to the astral body, and then to the physical body , physical pain is an alarm; it's the fear of death expressed physically. When you respond to it, the alarm immediately disappears.

If you categorize your emotions, it would take hundreds or thousands of lifetimes to clear away even one category. Releasing the three basic desires is extremely efficient.

The Sound of Clouds Passing By (2020-12-31) 20:19:18

Does responding to it mean releasing this fear of death?

Wind 2020-12-31 20:19:25

To fully experience it is to respond to it.

But when you have "attachment" and "hatred" towards it, you cannot fully respond to it.

Therefore, what you need to release is not the alarm itself, but your "attachment" and "hatred" to it. Use the method of release to release the desire for control, acceptance, and security.

Pay attention to the psychological feelings that physical pain brings you.

Whether it triggers a desire for control, validation, or

security, release it. Sometimes you'll find that just two or three times is enough for the physical pain to disappear immediately.

And it will not recur.

Because it was released at the causal level.

This causes its karma to be released at the most fundamental level, while physical and drug treatments only work on the material level.

The highest virtue is like water (2020-12-31) 20:23:39

@How to release wind in tinnitus 2020-12-31 20:23:58

Similarly, you don't need to focus on the tinnitus itself to pay attention to your psychological feelings about it.

Ideally, one should become aware of the desire for control, validation, or security, and then release those three desires that cause everything.

If you do it, it's extremely simple and efficient.

2020-12-31 Rational analysis and belief cannot destroy the Mayan illusion.

Elizabeth 2020-12-31 21:02:09

A person's preferences or desires are predetermined. Does this mean that what this individual ego does is beyond our control, and we shouldn't try to control it? Release the desire to control or agree with it, rather than trying to

风 2020-12-31 21:02:19

你可以控制
释放了想要控制你就能更好地控制

Elizabeth 2020-12-31 21:02:24

Okay, what was the part you mentioned earlier that couldn't be changed?

In his letter, Kam talks about the ego coming and going. If he is already free, why does he still have a head that comes and goes?

brain

Wasn't the character melted away?

If I remember correctly, you once said that seeing karma is perfect.

Wind 2020-12-31 21:02:32

Kam came and went

Preserving the

physical body

means watching it

come and go.

Shuxin 2020-12-31 21:02:40

@Teacher Feng, I did goal release today, and spent the whole morning releasing my goals, but every time I did it , an impossible thought would come to mind, though it became less and less intense. Is this because I'm stuck?

Wind 2020-12-31 21:02:51

Do you feel better every time you release?

ZOEY 2020-12-31 23:03:13

I have the same issue. I feel better after each release, then I release something else, but the next time I try to release a target, it still feels impossible. Does this continuous releasing require constantly targeting a specific goal? Is it possible to intersperse the release with releasing the feelings of the present moment ? @风

Wind 2020-12-31 21:04:10

Can

As long as continuous release is guaranteed

ZOEY 2020-12-31 21:05:13

Is it impossible for this to gradually

decrease until it disappears? @风风2020-12-31

21:05:26

Yes, it will become entirely possible.

Elizabeth 2020-12-31 21:05:47

If you want to make rapid progress, is it possible to force yourself to not eat or sleep, while constantly releasing the urge to control and letting your appetite and drowsiness leave on their own? @风

Wind 2020-12-31 21:05:52

Why?

Is this an invitation to challenge?

Elizabeth 2020-12-31 21:06:09

Eating feels very interrupted

风 2020-12-31 21:06:20
你可以在做任何事情时释放
可以试试看

Elizabeth 2020-12-31 21:06:49

Infinite existence is merely the release of the feeling of being Elizabeth. All feelings. But it is it that is doing it from beginning to end.

If this understanding is correct, it greatly liberates my understanding of everything. (Feng, 2020-12-31 21:07:14)

Your understanding is correct in its interpretation, but rational analysis and conviction cannot dismantle the Mayan illusion.

The date indicated is December 31, 2020, at 21:07:50.
This realization is powerful. From the perspective of "I am this body," releasing desires easily becomes resistance. But from the perspective of infinity, how should I phrase it...? What are the feelings of this body...? If I were not this body, what meaning would safety, control, and acceptance have...? As an infinite being, I should be able to release all desires in an instant...? But why does fear arise within me...?

风 2020-12-31 21:07:55
不用想那么多，释放就行了

学生（海尔）：我有一个问题，你是怎样去让自己达到那个不做行为者的地方的？
莱斯特：我吗？我只是说“我不是行为者”，就是这样。
学生（海尔）：那是你，我要怎么做到呢？
莱斯特：练习。当然最好的方式就是我之前说过的，释放，当你释放了，你就不是个行为者。有时候这个回答让你们感到困扰（笑声）。

有时候这个回答让人很困扰，不过确实是释放就好了，不需要别的东西

Automatically released realm on 2020-12-31

True Love 2020-12-31 23:02:13
Senior Brother Feng, are you now at the stage of automatic release? Do you just watch the sensations arise and then automatically depart?

Wind 2020-12-31 23:02:45
’s 早eally
true love 2020-12-31 23:02:50
Wow, amazing!
[Strong][Strong][Strong] Wind 2020-12-31 23:03:01
Once you get used to letting go, you can achieve true love like this. (2020-12-31 23:03:17)
For example, when you’re talking, chatting, or typing with me right now, can you also keep releasing your

emotions? (2020-12-31 23:03:18)

I'm not releasing it now; if I release it again, I'm leaving.

True Love 2020-12-31 23:03:26

Is it just to deliberately leave a little karma in this body? (Feng, 2020-12-31 23:03:30)

Yes, I need to try my best to hold on and maintain this.

True Love 2020-12-31 23:03:43

So now you've reached complete freedom, right? You mentioned before the "Nebikapa" samadhi.

Wind 2020-12-31 23:04:13
After the "Nabhikāvatāra"
Samadhi, there are four stages.
I am currently in the third
stage.
Still tethering
myself here ? (True love,
2020-12-31 21:04:19)
Did you deliberately tie
yourself to this place? (Feng,
2020-12-31 21:04:22)
After the "Nabhikāva" Samadhi, you will receive
inner guidance and see that the agreement will
deliberately tie you to a certain place according
to different agreements.
Because after achieving the "Nebokappa"
Samadhi, one is essentially free. (True Love 2020-12-31
23:04:30)
Isn't "Nabhikāva" Samadhi said to be the
highest spiritual state? (Feng, 2020-12-31 23:04:34)
The "Nabhikāpā" Samadhi is the
highest state of consciousness;
the subsequent four stages merely
reflect the degree to which karma
is retained.

Wind 2020-12-31 23:05:00
"Why doesn't a master simply erase all his karma when he is one with God?" I asked.
"That's because in that state you don't care at all. You see it all as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who reach this level might even deliberately retain a little bit of karma to keep themselves bound to this level for a while, for a higher purpose. Once you reach the highest state, Nirbikalpa sa ma dh i , ego -consciousness no longer exists. You are essentially free."

"Master, what is it," I asked, "that allows a soul to return to the world after attaining ultimate liberation?" He replied, "That it still retains the desire for non - desire . " (desire) to help others.

True Love 2020-12-31 23:05:21
Brother Feng, do you have any work to do by yourself?

Wind 2020-12-31 23:05:29

Do not work

This year I spent time with my mother.

True Love 2020-12-31 23:06:13

My friend said you should save all living beings.

Wind 2020-12-31 23:06:25

I've lost my sense of self; I only follow my inner guidance. (True Love, 2020-12-31 23:07:50)

I was just about to ask myself, what else do you have to do by yourself? (2020-12-31 23:07:53)

The last thing was to spend some quality time with my mother and father. (2020-12-31 23:07:59)

Why not save all living beings? (2020-12-31 23:08:00)

This is not the responsibility of this individual.

Will Avatar assume the role of this public mentor ? (True Love 2020-12-31 23:08:05)

Will you also merge directly into Infinity like Lester Levenson (The Sedona Method) ? (2020-12-31 23:08:12)

I will.

True Love 2020-12-31 23:08:29

Why not become a master who saves all sentient beings like Buddha and Jesus ? (2020-12-31 23:08:30)

This is what your current sense of self says.

Once you eliminate your sense of self, you'll see that the complete plan doesn't need to be disrupted.

True Love 020-12-31 23:08:40

Yes, Senior Brother Feng is definitely right. (Feng 220-12-31 23:08:52)

Avatar will descend at the appropriate time.

People aspire to be sublime figures, but in existence there is no hierarchy. When I have a sense of self, I also want to be Buddha and Jesus.

True Love 2020-12-31 23:09:00

Lester said that the world is constantly clamoring at you that matter is real, matter is real. Only someone like Brother Lester , who truly experiences the infinite, can help us truly eliminate our sense of self. Therefore, I think a true master with a physical body is very important.

I bowed deeply to my senior brother in respect. [roses][roses][roses]

Wind 2020-12-31 23:09:15

But after eliminating the sense of self, I know that I am one with Buddha, Jesus, and all sentient beings—the same being—and there is no need to imitate them in appearances.

Therefore, my individual manifestation doesn't need to become a Buddha or Jesus. If you do, you will know...

True Love 2020-12-31 23:09:27

Senior Brother Feng no longer has any personal tasks to perform, is that right?

Wind 2020-12-31 23:10:00

Nothing personal. True love.

2020-12-31 23:10:16

That means you are completely free now, not in the "Nabhikāpa" samadhi you mentioned before, right? (Feng 2020-12-31 23:10:23)

After attaining the Samadhi of "Nabhikāpā," one is essentially free, but karma remains. I am still one stage away from complete freedom.

True Love 2020-12-31 23:11:25

The picture you posted that day mentioned that after the "Nabhikpa" samadhi, one still needs to cleanse the karma accumulated over countless lifetimes.

Is this statement correct?

Wind 2020-12-31 23:12:50

That's right.

But that will be very fast.

True Love 2020-12-31 23:13:15

Speaking of "Nebikapa" Samadhi, the work has only just begun . (2020-12-31 23:13:50)

Yes, the "Nabhikpa" Samadhi is the beginning of becoming a "Stream-Enterer" saint.

True Love 2020-12-31 23:14:52

So you're deliberately maintaining this state to stay in this body, right? (Feng, 2020-12-31 23:15:00)

After attaining the "Nabikkapa" Samadhi, each person will be bound to different stages according to their different inner guidance. After attaining the "Nabikkapa" Samadhi, there is no behavior based on a sense of self.

Whether it's tied to a certain stage or directly integrated into infinity, it's all based on a plan for the infinite existence. (True Love, 2020-12-31 23:16:40)

Theoretically, you can now move towards the final stage, right? That means leaving this world completely, right? (Wind, 2020-12-31 23:16:44)

Yes, as long as you don't hold onto that last bit of separation. (True Love 2020-12-31 23:17:03)

Senior brother is amazing!

So-called superpowers and spiritual abilities, my senior brother has them now, right? (Feng, 2020-12-31 23:17:14)

Power is not an area you should be interested in once you get there; it's that simple.

True Love 2020-12-31 23:17:50

Yes, I like Lester's teachings. Taking yourself off the path—that senior brother can now fully grasp it, does he know my situation?

Just like feeling yourself. (2020-12-31 23:19:00)

I can know everyone's situation, but I won't talk about these things.

I don't try to make myself look different from others. (True Love, 2020-12-31 23:20:20)

Senior brother must have reached a very high level of cultivation in his past life, right? (Feng, 2020-12-31 23:22:10)

The "Nybikapa" Samadhi was not achieved.

None of these constitute true spiritual height.

Because before reaching the state of "Nebokappa" samadhi, one will lose true love. (2020-12-31 23:25:05)

Has this reached the "Sabi Kappa" Samadhi? (2020-12-31 23:25:08)

The highest spiritual achievement in a past life was the "Sabi Kappa" Samadhi True Love. (2020-12-31 23:26:50)

Salute to my senior!

2020-12-31 You can release yourself while doing anything.

Elizabeth Zhang 2020-12-31 23:21:26

If you want to make rapid progress, is it possible to force yourself to not eat or sleep, while constantly releasing the urge to control and letting your appetite and drowsiness leave on their own? @风

Wind 2020-12-31 23:22:42

Why?

Is this an invitation to challenge?

Elizabeth Zhang 2020-12-31 23:23:05

The meal was frequently interrupted, I felt the wind. (2020-12-31 23:23:46)

You can try releasing it while doing anything.

Elizabeth Zhang 2020-12-31 23:23:53

good

2020-12-31 Annual Summary

Minnie 2020-12-31 23:55:14

A year-end summary (2020-12-31 23:55:19)

Annual Summary: In 2020, I accomplished the most important thing in my life. (2020-12-31 23:55:29)

[laughing out loud]

Edited by Omi on June 22, 2022

Wind’s (Feng) talk on Lester Levenson (The Sedona Method)

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2021-07-26 Release doesn't mean there's a god next to you counting .....121.

2021-07-26 Survival Program Problem 122

2021-07-26 All physical experiences are not the release itself.122

2021-07-26 Regarding the goal, you need to release it until it is entirely yours (.....122).

2021-07-26 achieve cap At that time, one is more capable of facing the fear of death .....

2021-07-26 What is the key to releasing disease ? 123

2021-07-26 Freedom doesn't create anything; it merely ends the illusion . ..125

2021-07-26 Lester Levenson (The Sedona Method) supports all those who apply the release law ..... (125)

2021-07-26 When you release your mind, you will, like in that metaphor, suddenly see "the back of the comb ." 126

2021-07-26 The message is not important, what matters is path refers to road .. 127.

2021-07-26 Continuous release is necessary; it's one of the six steps. 128

2021-07-26 Your emotions will subside when you allow deeper layers of garbage to come out. (.....129)

2021-07-26 Process: Let the feeling come out, categorize it as a desire to control or a desire to be recognized, and let it go. 129

2021-07-26 Question is a tool 130

2021-07-26 Only when dasin I'll come back once a day 131

2021-07-26 Follow your inner feelings 133

2021-07-26 The true fear of death always surfaces suddenly when you're not prepared .....

2021-07-26 When you directly experience desire, you don't need to go back to experiencing emotions.133

2021-07-26 Follow your inner feelings 134

2021-07-26 wants Too feelings 134

2021-07-26 Your only guru is yourself. 135

Q&A 136

January 1, 2021: Release the subconscious pressures and drives, let them out.

Xiaoli ○ˇ~ 2021-01-01 07:07:32

"We were very careful to bring it to the surface, and then let go of the control, releasing the subconscious pressure and drive, and pouring out..."

"Purge them."

Yongen 2021-01-01 07:07:42

Where did you see this?

Xiaoli ○ˇ~ 2021-01-01 07:07:50

About Releasing Regarding Liberation (1) - 早Audio recordings of the Lester Levenson (The Sedona Method) period and the students establishing the Liberation Act

http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbdb444ef&mpshare=1&scene=1&srcid=0101IyxdQdaZrxJHNT0SQjBX&sharer_sharetime=1609456373574&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd

This

The story of how "wind" introduced the original release method: finally opening the path to continuous release and freedom.

http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=513206482&idx=1&sn=7ac2291ac9ac3eb58377245026669d9a&chksm=0c291ee13b5e97f741fcaa940046e71cf43628218b30a3de6c70ad04498a350445278fd2673f&mpshare=1&scene=1&srcid=1215Jodq9VcKwW8ePyDbzmAM&sharer_sharetime=1609084044633&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd

Original Release Method Course

http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=513206462&idx=1&sn=82f1534c0460a850fef2897adbfce590&chksm=0c291e8d3b5e979b601b1841dfcb1dca54652cb940fa21e0662d46c1a24073e685c07a34bedd&mpshare=1&scene=1&srcid=12295LpdVQ79gLPF3qNecca4&sharer_sharetime=1609193411604&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd

Xiaoli ○ˇ~ 2021-01-01 07:10:24

I don't feel anything, I'm stuck. I'll finish watching these two. It took me two days to read it from beginning to end; I read the text directly.

I only watched one or two videos, mainly to see how the release process actually works.

And focusing on the sensation emerging between the chest and abdomen, I specifically watched the video to see exactly where that area was.

2021-01-01 Don't joke around with yourself

Wind 2021-01-01 11:30:12

If you've confirmed that the method works, don't joke around with yourself.

2021-01-02 Allow it to surface, allow it to leave. No need to look outwards.

Xiaoli 2021-01-02 00:25:21
Entering a state of release as natural as breathing
[Awakening] Emptiness [Clarity] 2021-01-02 00:25:36
Seriously, in the very first part of the six-step movie, they started burping as if they were all eager to get out, which made things much easier.
Xiaoli 2021-01-02 00:31:14
And this only took a week.
COCO 2021-01-02 00:31:52
@Xiaoli, are you in? Have you already entered? Xiaoli 2021-01-02 00:32:00
No, it's in the process of automatic release.
[Awakening] Emptiness [Clarity] 2021-01-02 00:33:16
What does automatic release feel like? @Xiaoli Xiaoli 2021-01-02 00:34:19
It's hard to explain this state.
When you ask me questions, I'm just responding automatically.
[Awakening] Emptiness [Clarity] 2021-01-02 00:36:21
This is the first time I've felt like I've released so much useless energy.
(Xiaoli, 2021-01-02 00:36:29)
No thought
[Awakening] Emptiness [Clarity] 2021-01-02 00:36:35
You're putting knowledge into practice!
(Xiaoli, 2021-01-02 00:37:42)
Keep going, you can do it too!
[Awakening] Emptiness [Clarity] 2021-01-02 00:37:50
Thank you @Xiaoli, keep going from now on!
Ode to Joy 2021-01-02 00:39:01

Is it okay to release tension while lying in bed before sleeping at night? (Xiaoli)

I often have trouble sleeping

[Awakening] Emptiness [Clarity] 2021-01-02 00:43:15

When I was asking myself this question, I asked what was preventing me from communicating with you, and he told me it was fear, helplessness, and despair.

So, after releasing all that tension, I felt much better, like I'd been hungry. (Xiaoli, 2021-01-02 04:52:10)

Yes, that's what I did. At first, I sat to release the tension, but then my body felt tired, so I leaned back. But even leaning back wasn't comfortable.

Just lying down

The first time I encountered the fear of death was by lying down and releasing it.

It's a bit like you're sitting and watching it, watching it keep going.

-Lester

When you decide you want freedom more than anything else, you can achieve it within months. You don't even need to know how to do it; you've already arrived. No more emotions (no) Feelings) , the mind becomes quiet, that's all.

-Lester

Xiaoli 2021-01-02 05:42:20

The reason you can't get out of your predicament quickly is that you're releasing only to make yourself feel better. This causes you to stop once you've achieved your goal , whereas if you were releasing for the sake of freedom, you wouldn't stop. You would cherish every opportunity you have to gain freedom. Every dip is a...

This is a fantastic opportunity for you. Every drop is a golden opportunity for release and rise.

-Lester

Xiaoli 2021-01-02 05:43:44

In that film, good and bad were exactly the same. It was a projection! That's what you have to know. Black.

What difference does it make whether
it's white, good or bad, hot or
cold?

-Lester

Xiaoli 2021-01-02 05:50:10

When you're at the peak of despair in your emotional state, allow yourself to experience all the feelings listed on the list—neither good nor bad, right nor wrong. Only then can you release these emotions, allowing them to surface and then leave. Don't look outwards; everything you need will be given to you.

2021-01-02 Wind and Heaven — Therefore, helping others is actually helping yourself.

Wind 2021-01-02 07:17:46

Tiancheng 2021-01-02 07:18:00

You will directly merge into the infinite wind 2021-01-02 08:21:43

I will merge into the infinite perfection of nature in this life. (2021-01-02 08:42:59)

According to Yugananda help six people reach Jivan Mukta to become a Siddhartha.

Wind 2021-01-02 08:43:56

The past life has already been completed. (Tiancheng, 2021-01-02 08:44:03)

(o) Wow!

Were you already Jivan Mukhtar in a past life? (Wind, 2021-01-02 08:44:39)

no

Tiancheng 2021-01-02 08:45:03

In my past life,
you didn't have the freedom
of the wind. (2021-01-02
08:45:04)

I have helped
others achieve liberation.
(2021-01-02 08:45:14)

How can I help others
achieve freedom? (Posted by Feng,
2021-01-02 08:45:28)

No one's freedom depends on
the help of others; therefore,
helping others is actually
helping oneself.

Tiancheng 2021-01-02 08:45:57

Um

Wind 2021-01-02 08:46:08

For example, the woman who
offered the Buddha a bowl of porridge
(2021-01-02 08:46:22)

What happened to
that woman afterward? (Posted
by Feng on 2021-01-02 08:46:29)

Also freed

For example, the guy in the chat group who
translated "The Road to Ultimate Freedom"
has already achieved one...

That's me

Tiancheng 2021-01-02 08:47:18

Oh, I see.

In other words, even if I don't have freedom

But if I provide the correct
information to help others, that is my
contribution.

Wind 2021-01-02 08:48:16

Well, you're
naturally helpful .
(2021-01-02 08:48:26)

Um

Wind 2021-01-02 08:48:32
You provided guidance on the other person's path to liberation.
(Tiancheng, 2021-01-02 08:49:03)
So helping others is always the right thing to do?
(Wind, 2021-01-02 08:49:25)
uncertain
Tiancheng 2021-01-02 08:49:42
Does it depend on whether it stems from self-interest?
(Wind, 2021-01-02 08:49:42)
You must first achieve it yourself, otherwise you won't have the wisdom to discern whether you are helping others.
Tiancheng 2021-01-02 08:51:11

Um
Will you merge directly into infinity upon entering Samadhi? (Wind, 2021-01-02 08:52:46)
Won't
I will integrate into the infinite perfection in this life. (2021-01-02 08:52:57)
Um
I
understa
nd
praise
and
reverenc
e.

2021-01-02 Wind and Heaven — Every time you tell yourself to decide to be free, you still stop, don't you?

Tiancheng 2021-01-02 09:04:43
Is it possible for me to achieve freedom within two months? (Posted by Feng on 2021-01-02 09:05:15)
Ha ha
Do you have the answer? Tiancheng 2021-01-02 09:05:20
Of course,
it's possible
now that it's
completely
blocked.
I came to you seeking faith . (2021-01-02 11:14:18)
[Group chat history]
【

Wind : Focus on goals

Wind : In theory, you can directly aim for freedom.

Wind : But I know that most people who say they want freedom are actually suppressing their desire for the world.

】

Wind 2021-01-02 11:14:32

This discussion might be helpful to you. (Tiancheng, 2021-01-02 11:16:27)

It really helped, thank you. (Wind, 2021-01-02 11:21:44)

[Group chat history]

【

Roller: I now adhere to the principle of obtaining everything I desire solely through release. Roller: Enhance my inner strength.

Roller : Yeah, yeah...

】

Wind 2021-01-02 11:22:11

Every time you tell yourself you've decided to be free, you still stop, don't you? (Tiancheng, 2021-01-02 11:22:21)

yes

So I feel quite frustrated and I need to use the fourth teaching.

Wind 2021-01-02 11:24:29

Since you still desire many things in this world, let each one be obtained through release.

Tiancheng 2021-01-02 11:25:04

Yes

OK

2021-01-02 Practicality is very important.

Wind 2021-01-02 11:00:42

Focus on goals

In theory, you can directly aim for freedom.

However, I know that most people who say they want freedom are suppressing their desire for the world. Why does Lester like the fourth guide the most? Because it's the one that's most meaningful to people.

Most practical

Bethlehem Star 2021-01-02 11:03:07

You're aiming directly for freedom, aren't you? (Feng, 2021-01-02 11:04:06)

I am, but I also used that method that taught me to write down everything I wanted.

Bethlehem Star 2021-01-02 11:04:34

I also combined it with the wind

2021-01-02 11:05:19

The previous guidelines often lose their practicality and become mere theory.

Roller 2021-01-02 11:05:33

I’ll get everything I want

first. (Bethlehem Star, 2021-01-02

11:05:48)

It is still necessary to become a successful person.

Roller 2021-01-02 11:06:07

I’ve also been using

the previous instructions .

(2021-01-02 11:06:18)

What I’ve seen so far are those who claim to want freedom more than the world, but these claims have all become mere theories.

Roller 2021-01-02 11:06:27

I find all happiness from within,

and I use it to confront the fear

of death.

Wind 2021-01-02 11:11:52

So, what do you need to do? I've summarized it from the previous four days of classes. The first is that you desire freedom more than you desire the world. Consequently, you should obtain all happiness from yourself, through liberation, from within yourself. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now and obtain everything you want through liberation. I guess this is the most practical of the four.

How successful are you? Most

Are you still doing things from a egocentric perspective? Remember, when we do things through liberation, it's effortless . If you're putting in effort, that's ego-driven.

Wind 2021-01-02 11:12:09

Practicality is very important.

Why did Lester say the fourth one was the most practical? Because you often can't apply the previous ones.

Roller 2021-01-02 11:13:06

I used it for a while.

The encouragement I received was not as good as the fourth one.

But the first one already made me grow rapidly.

2021-01-02 Release the most superficial

Elizabeth Zhang 2021-01-02 09:41:12

Are the desire for control and the desire for approval truly feelings? (Wind, 2021-01-02 09:41:32)

All are feelings

In the release method, the term "feeling" refers to the emotional experience. The various descriptions under the emotion scale represent individual feelings. feelings)

They are categorized into nine emotion categories (emotion) The categories refer only to nine emotional states, such as indifference, sorrow, fear, and anger.

And two basic feelings (basic) (fe e ling g) refers to the desire to control and the desire to identify. Releasing these two feelings releases all the emotions that are attached to them.

And the most basic feeling, the fear of death (the fear of dying) , that is, wanting to survive

(wanting) of survival

About Releasing Regarding Liberation (1) - 早Audio recordings of the Lester Levenson (The Sedona Method) period and the students' creation of the Liberation Act

http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2

c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbdb444ef&mpshare=1&scene=1&srcid=0102wQs8lsTo2mZ6vriPRgi0&sharer_sharetime=1609551753191&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

The problem today is that those accumulated, subconscious programs are too heavy and too extreme; we are simply overwhelmed by them. We need a very efficient way to eliminate them.

This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we eliminate all sensations! It's so fundamental, therefore extremely effective. Lester calls it basic sensations. (feeling)

The first suppressed feeling is the feeling of the fear of dying

The feeling of fear of death

The fear of death is merely a feeling.

You need to constantly remind them that this is just a feeling. The fear of death is just a feeling. The feeling won't bite you, shoot you, or hit your head. It's just a feeling like any other feeling, but the tendency to avoid it is very strong and has a lot of inertia, so now you need to try to make it surface and let it go.

Superficial individual feelings, basic feelings (nine major emotions), and even more fundamental feelings (the desire for control and approval) .

Program No. 1 (Fear of Death)

After that, a sense of separation will emerge, but it doesn't need to be deliberately mentioned.

When you completely release the fear of death,

you will no longer retain the feeling of separation .

(2021-01-02 09:44:13)

Then what?

Elizabeth Zhang 2021-01-02 09:44:28

Can you keep asking yourself whether you want validation or control at this moment to evoke and release those inner feelings? (Wind, 2021-01-02 09:44:36)

Then you can put in any
feeling that won't be
acted upon by feelings.
The best way is to release the most superficial layer.
the stuckness only feeling 2021-01-02 09:44:49
@Wind If you can't feel your own feelings, then you're stuck. You just need to release what you want to change, right? Wind 2021-01-02 09:44:57
Yes
Seeing the vague feelings, releasing the
desire to change the vagueness—the six
steps contain all the answers.
Slight Warmth 2021-01-02 09:45:00
Just let go of what you see in the present moment, and don't search for it, right, Teacher Feng? Does searching mean controlling? Feng 2021-01-02 09:45:09
No need to search

Lester's explanation of the release method
http://mp.weixin.qq.com/s?__biz=MzIxMjA5MTc0MA==&mid=2660690257&idx=1&sn=f67cd3b68420169eb5227aeadf07b6f8&chksm=8c291f62bb5e9674f0a66f9cd872dc31661a9f3744cdb0a328b7c5ef9b869d9e091c6ed57094&mpshare=1&scene=1&srcid=0102bRz33svyX7104vPd5gYr&sharer_sharetime=1609552548140&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

"You don't need to chase after what you feel after you feel it; it's with you all the time, and you're running away from it all the time ."

The word "追寻" is translated as "追寻" in Chinese, while the English word is "seek" .
It can also be translated as "searching"
What you're constantly
avoiding is the
feeling you don't need
to seek.

Slight Warmth 2021-01-02 09:45:15

Teacher Feng, @Feng, should I ignore this strain in my throat just like I ignore my thoughts? (Feng 2021-01-02 09:45:26)

Relax
In the release method, following
the six steps will lead to the
destination; otherwise, the
destination will not be reached.
To do or not to do
Just like Lester said to Ralph
at the end , it's either do it
or don't.
I hope you will do it.
Simple, or impossible

Qingxin 2021-01-02 09:45:50

@Teacher Feng, what should I do if I often can't sense the desires behind my emotions? Feng 2021-01-02 09:45:58

You want to find
your desire, and
when you discover
that it's
something you want
to control, you
feel it.

Slight Warmth 2021-01-02 09:46:07

If you can completely ignore your thoughts and still be aware of your current feelings, what kind of desire do they stem from? (Feng Teacher @Feng)

win d 2021-01-02 09:46:10

OK

clear 2021-01-02 09:46:18

I used to like to use my mind to analyze whether I wanted to control or wanted to be recognized. Hahaha It has been corrected.

win d 2021-01-02 09:46:26

Trying to analyze it intellectually is about wanting to understand (and control).

Releasing this will allow you to quickly, easily, and clearly identify the feelings that are arising. (Warmth of Desire, 2021-01-02 09:46:34)

Can someone who is constantly in a state of utter despair immediately master the six-step process? Does it require releasing all pent-up emotions?

Only at a relatively high level can one have such strong execution capabilities. (Feng, 2021-01-02 09:46:13)

Decide

A decision could be made at 09:46:25 on 2021-01-02.

@Wind I only need to release the surface feelings, without touching on past emotions. When I continue to release to a certain extent...
When you reach a stable level of fearlessness or acceptance, those excruciating feelings from before will no longer exist. But I have to go through the whole process, otherwise those feelings will come back to haunt me, right?

Wind 2021-01-02 09:46:39

no

On 2021-01-02 09:46:44

How should we understand that? (Wind, 2021-01-02 09:46:49)

When you release it to a high place, you can dig Down, those repressed feelings from the past will surface and be released to a higher level, allowing you to use that higher level to go deeper.

Every repressed feeling must surface before you can release them. (2021-01-02 09:46:58)

I thought I could dodge their attacks. (2021-01-02 09:47:05)

Avoiding them will only keep them operating in your subconscious; your deepest feeling is your fear of death.

Once you've released enough of the desire to control and identify, you can confront it directly.

2021-01-02 Following these six steps will get you to your destination.

Wind 2021-01-02 10:12:52

In the release method, following the six steps will lead to the

destination; otherwise, the
destination will not be reached.
To do or not to do
Just like Lester said to Ralph
at the end , it's either do it
or don't.
I hope you will do it.
Simple, or
Impossible (Slightly Warm,
2021-01-02 10:13:05)

Can someone who is constantly in a state of utter despair immediately master the six steps? Does one need to release energy at a higher level to have such strong execution ability?

Wind 2021-01-02 10:13:12

Decide
One decision is enough

2021-01-02 Discomfort and comfort are both just feelings.

Imang Doors & Windows - Cai Weiyi 2021-01-02 20:30:13

Sorry to bother you, but I can't recall the message now. HI:Xiaoli ○˘~ 2021-01-02 20:30:29

You didn't bother me.
Discover that this is just a feeling
that makes you uncomfortable; you
are suppressing and avoiding this
uncomfortable feeling.
It was just a feeling.
Some of these feelings will make you
uncomfortable, while others will make you feel
pleasant. Both uncomfortable and comfortable
feelings are just feelings.
Release them
The wind helped me bring out deeply
suppressed, more fundamental
feelings—feelings that were too heavy,
accumulated for too long, and too intense.
The inertia to avoid these heavy,
fundamental feelings was so strong
that I decided to confront them
and release them. "Wind" said to
walk in one breath

I went there for work.

The day before yesterday I wanted to finish it all, since there was a backlog of work that hadn't been done yet, but I didn't finish it. Yesterday I called...

Yesterday at that time, I was putting on my socks to go to work.
At that perfect moment, the "wind"
brought out all my deeply
suppressed feelings, and I decided
to walk through it all at once,
letting go of everything to
release them.
He

was foc used sol ely on rel eas ing his emo tio ns at all tim es, and did n't do any thi ng els e, whi ch is why he did n't rep ly to mes sag es.

Previously, I was in a state of automatic release. But when these accumulated, subconscious burdens became heavier and more extreme, I could no longer maintain automatic release; they were too heavy.

一开始都是这样，浮出后，允许离开时卡住了
每次允许离开都卡住，走一步卡一下，走一步卡一下按“风”说的走
，这只是一种跟其它感受一样的感受持续提醒它们仅
仅只是一股感受
慢慢就能保持骑车的状态，让它们自动释放当这些基本的感
受释放足够多的时候
在它们下面的感受推出，对死亡的恐惧的感受

These feelings made me feel so powerless that I couldn't even walk properly before I picked up my phone to boil water for a drink.

2021-01-02 Wind and Heaven — Every time you tell yourself to decide to be free, you still stop, don't you?

Wind 2021-01-02 11:14:18
[Group chat history]
【
Wind: Focus on goals
Wind: In theory, you can directly aim for freedom.
Wind: But I know that most people who say they want freedom are actually suppressing their desire for the world.
】
Wind 2021-01-02 11:14:32
This discussion might be helpful to you.
(Tiancheng, 2021-01-02 11:16:27)
It really helped, thank you. (Wind, 2021-01-02 11:21:44)
[Group chat history]
【
Roller: I now adhere to the principle of obtaining everything I desire solely through release. Roller: Enhance my inner strength.
Roller : Yeah, yeah...
】
Wind 2021-01-02 11:22:11
Every time you tell yourself you've decided to be free, you still stop, don't you? (Tiancheng, 2021-01-02 11:22:21)
yes
So I feel quite frustrated and I need to use the fourth teaching.
Wind 2021-01-02 11:24:29
Since you still desire many things in this world, let each one be obtained through

release.

Tiancheng 2021-01-02 11:25:07

OK

2021-01-02 Lester Levenson (The Sedona Method) is also special among the masters.

Roller 2021-01-02 11:14:23

I now insist on improving my internal strength solely through the mental technique of obtaining everything I desire through release.

Yes, that's right.

There are 100 writes, all of which are obtained through release.

This is a very good guide. (Bethlehem Star, 2021-01-02 11:18:05)

No other teacher teaches like this Roller 2021-01-02 11:18:13

Teacher Lester Levenson (The Sedona Method) 's favorite Bethlehem Star 2021-01-02 11:18:17

Lester Levenson (The Sedona Method) first Roller 2021-01-02 11:18:23

If you love Lester Levenson (The Sedona Method) , then follow my advice, even though I didn't listen before. Bethlehem Star 2021-01-02 11:18:38

No one on the market would teach it like this, and no one would dare to. Wind 2021-01-02 11:20:13

Furthermore, Lester is unique among the masters; other general instructors, considering the level of acceptance among the masses, do not teach in this way. Bethlehem Star 2021-01-02 11:20:39

Lester Levenson (The Sedona Method) is the bait Roller 2021-01-02 11:20:53

I love Lester Levenson (The Sedona Method) haha yes

2021-01-02 Wind and Heaven — You won't have

motivation if it's not a goal you truly want; one function of a goal is to provide you with the motivation to unleash it.

Wind 2021-01-02 11:38:52
Dare to dream
Tiancheng 2021-01-02 11:39:07
Is it possible to become a billionaire? (Posted by Feng, 2021-01-02 11:39:13)
certainly
Roller also felt a couple of days ago that he didn't want any goals until I told him one.
He went to the world's top Eastman School of Music to find a blonde girl and experience his favorite kind of romantic life, and he immediately got excited.
So you have to dare to dream.
Many people feel they don't want the world simply because they're afraid to think about it, they're suppressing their feelings, they think it's impossible, so they don't want the world.
This is not a true desire for freedom.

Tiancheng 2021-01-02 11:41:31
I realized that I was suppressing my feelings, thinking it was impossible and I didn't dare to do it.
Wind 2021-01-02 11:42:56
dare think big Lester Levenson (The Sedona Method) said to dare to dream big.
Tiancheng 2021-01-02 11:43:27
But given that we haven't even achieved a small goal yet, is it reasonable to immediately think about bigger ones?
Wind 2021-01-02 11:43:53
If you don't have a goal you truly want, you won't be motivated. One purpose of a goal is to give you the motivation to unleash your potential.
After finding this exciting target, Roller released accelerated Tiancheng 2021-01-02 11:44:29
Therefore, the key is to set what you truly want.

The experience of wind release on January 2, 2021

Wind 2021-01-02 22:13:00

To completely complete the first step, you need to pay attention to all six steps.

But if your willpower (will) If power is strong enough, it can be achieved in an instant simply by desiring it.

first step

Susan Lee 2021-01-02 22:13:19

Xiaoli's breakthrough is remarkable; she must have a lot of willpower. She'll be free soon, right? (2021-01-02 22:13:38)

Everyone is free, as long as you do it.

If you start out fast but stop halfway, you will not be free.

Susan Lee 2021-01-02 22:13:54

Yeah, she gave me a lot of encouragement. The release method can be so funny ! (2021-01-02 22:14:05)

Following the six steps until the end is essential.

Susan Lee 2021-01-02 22:13:16

High efficiency

Wind 2021-01-02 22:13:40

Two years ago, I did a period of sustained release, which lasted for a week. At that time, the agflap in my mind was almost completely cleared.

Then I was in a very comfortable state
The world around me also showed unprecedented harmony.
Then, after a full six months without any release, those AGflaps came back.
I've even forgotten how to release my emotions and desires, which are constantly stuck.
That's why I joined the group to communicate.
Later I discovered that people in the group seemed unaware of the existence of Lester's later audio and the release method in the original version, so I translated the... Two articles from Way and Course 92
During the translation process, I also reviewed the material myself to remember the key points.
So I started releasing again, learning from my previous experience, and kept going forward. Until you reach the finish line, you absolutely mustn't stop.
Because once you stop moving forward, you're moving backward. (Zhang Fei, 2021-01-02 22:15:21)

Indeed, 早I came into contact with Lester Levenson (The Sedona Method) quite early, but later in the videos, the way I had no idea about the series at all, and at one point I thought it only included a few issues like "The Road to Ultimate Freedom" and "Ultimate Truth".早

Implementing the six steps on January 2, 2021

Qian 2021-01-02 22:37:15
Aren't there 120 ways to achieve freedom? Which method is actually more popular?
Wind 2021-01-02 22:37:21
112 types, but the only issue is adapting to the times. Currently, in this era, only the release method is recommended.

If you look at the workbook , you'll find a quote from Lester.
"You'll find this method is the only simple and
easy method in the world today," Kam tells you
after he gains his freedom. "It's the highest
possible method in the world." They're not
kidding you.
A master will never fool you.

Susan Lee 2021-01-02 22:38:36

It's really simple. No need for a long explanation from a guru or elaboration on the terminology; just follow the six steps.

(Lanruo, 2021-01-02 22:38:50)

@WindAvatar, what's the current situation? What language does he use to teach? Wind 2021-01-02 22:39:07

"Avatar" is a Sanskrit word that specifically refers to a
master who descended after attaining perfect existence,
such as Jesus, who was an "Avatar".
To understand this, you can read "An Autobiography of a Yogi," recommended
by Lester.

2021-01-02 When you can't perceive it, go and look at what you want to understand.

Wind 2021-01-02 22:57:02

Do you feel like you want control or you want validation? (Jing , **2021-01-02 22:57:21)**

I can't tell what it is.

Wind **2021-01-02 22:57:56**

When you're unaware of something, don't dwell on it; instead, examine what you're trying to understand—it's a desire to control.

January 2, 2021: I want freedom, and I'm limiting that freedom to within three months.

Wind 2021-01-02 23:23:51

You can set your free time within three months if you really want it.

Ye Minzhen **Jamie** 2021-01-02 23:23:59

OK

January 3, 2021: In automatic release mode, it requires absolutely no effort.

Guangming 2021-01-03 04:52:05

Sometimes there's a great sense of pleasure, sometimes the chest and abdomen feel more relaxed, and not as much pleasure arises. I don't know if I did step six correctly.

But I could feel the sensation coming from my chest and abdomen.

Xiaoli ○ˇ~ 2021-01-03 04:52:16

Yes, it's about releasing the momentum to move forward.

When I'm cycling, I feel large sections of my body loosening, dissolving, and exploding. Sometimes my body...

The body releases its own gas

As you become more proficient at releasing the tension, you can maintain the feeling of riding by simply letting go of a part of your

mind.

Guangming 2021-01-03 04:52:27

Xiaoli ,

keep going ~ 2021-01-03 04:52:30

As you become more deeply immersed in cycling and release more of your mind, you can enter a state of automatic release.

state

In the automatic release mode, there's no need to maintain a cycling posture; it's effortless, and you can feel your whole body relaxing.

Explosion, exhaust, and release—all three bodies were cleaning up during the process . (2021-01-03 04:52:33)

Wow, I just learned how to ride Xiaoli ! 2021-01-03 04:52:40

One day, my left arm was constantly hurting. The more I released the pressure, the more it felt cleansed .

Guangming 2021-01-03 04:52:43

It was stuck
before .
Xiaoli ○‿~ 2021-01-03 04:52:50
With the method in
place, there's no need
to suffer through the
six steps anymore.
Guangming 2021-01-03 04:52:57
Never stop until the
finish line! [fist emoji]Xiaoli
2021-01-03 04:52:59
[fist]

2021-01-03 Breakthrough Duo

Yitian **2021-01-03 09:31:42**
"Wanting" is at the very surface
level; this is my great discovery today. I am
infinite. 2021-01-03 09:48:03
This is a breakthrough. With this breakthrough, you can become increasingly aware of what you want, and then you can try to release it.
Release @Yitian
Wind **2021-01-03 09:53:26**
Breakthrou
gh Duo Yitian
2021-01-03 09:55:09
me like that. **(2021-01-03 09:56:43)**
No need
for a
breakthrou
gh, just
use it
directly.
See, after each breakthrough, you have
to mentally summarize it, right? But
the summaries you come up with are
mostly conceptual.
You think you can gain an experience just
by translating a concept into language? (Yitian **,**
2021-01-03 10:04:36)
I might break through

the wind barrier today at noon .

(2021-01-03 10:05:04)

You can break
through in the next
second, don't delay.
A breakthrough isn't about
intellectually understanding
something; it's about
experiencing and releasing
that understanding.
Being able to continuously
experience and release is a
breakthrough, but
understanding it in one's
mind is a misconception;
that's a false breakthrough.
Let me explain.
Often, when people try a method but it doesn't achieve
the desired results, they start looking for a
solution, just like when they can't drive well, they
wonder if there are any other tricks.
Behaviorally, it involves asking this and
that, seizing an opportunity to ask about a
viewpoint heard, trying it out, finding it
helpful, and then suddenly realizing
something.

This direction is wrong.
For example, if you are too tense
right now, and someone tells you to
relax, you find that you can release
the tension.
Therefore, relaxation was defined as a trick.
Then I got stuck again. Someone told me to
allow it, and when I did, I found it worked.
So I defined allowing it as the trick.
The more "tricks" you
accumulate in your mind, the
harder it becomes to release
them.
Because you constantly
pay attention to the
real tricks, which is to
keep things simple and
return to the simplest
release process.
Asking those who have successfully achieved liberation is pointless, because they cannot summarize the reasons for their successful liberation.

Wind **2021-01-03 10:10:21**

Many people can achieve this, but the experience they summarize is merely their imagination, and it's wrong. It's like asking Jack Ma why he can make money; he himself doesn't really know.
It's actually very simple. If there were any tricks and principles to releasing, why wouldn't Lester tell you? The experience of releasing is that the more you release, the fewer things you need to pay attention to, and the simpler it becomes.
Just like riding a bicycle, once you learn
how, you can just get on and ride without
having to think about how to ride.
There's no need to
consider whether to step
with the left or right
foot first; this is
achieved through a large

release of energy, not through a rational understanding.

“When I try to explain an experience to you, it’s like trying to tell you how to fly a plane, or even drive a car. I say it’s just about inserting the key, shifting into drive, stepping on the gas, and you’re off. When you want to drive right, you turn the steering wheel to the right, and when you want to drive left, you turn it to the left. Can you learn to drive? Even if you know everything you need to know to drive, can you drive? No, you need to experience it. It’s even more the same with flying a plane. I tell you how to fly a plane, you take off, and you land quickly. Experience is like putting you on a bicycle. I can tell your mind how to ride a bicycle, but you won’t know how to do it until you experience it. When you experience it, you can’t intellectually transfer an experience to another person; they have to experience it themselves. So that’s the clear difference between experience and intellectual understanding. Intellectual understanding doesn’t give you the ability to experience.”

It will guide you in the direction of experience, but it won’t give you an experience. Because experience isn’t in the mind; thinking isn’t experience.

- Lester Levenson (The Sedona Method)

Wind **2021-01-03 10:33:03**

Like learning to ride a bicycle, just try it; you’ll learn after falling a few times. **(2021-01-03 10:34:41)**

″But as you can see, our approach is actually about unleashing the mind’s drive. Don’t try to develop your...″

"Mental development, by doing so you are developing
your enemy, developing what binds
you." Don't develop it.
As your "intellectual understanding" of the
liberation method increases, you'll realize that the
more flawed the path, the less intellectual
understanding is involved in the liberation itself.
You know it's a feeling, you
know you can release it, you
know what release is.
Do you know what it's
like to have a calm
mind after release?

Wind **2021-01-03 10:39:24**

Lester: Yes, you release your love and hatred for the world, sip by sip. But you need a big sip, not these sips. So you use what you're doing to release. Understand that the only effort you need is to get rid of your effort. That's what you're doing in the world, using your effort to get rid of your effort, but in your existence there's no need for effort; things immediately become material and antimaterial. Yet you try to understand this with your mind. You can't, because your mind, your intellect, is an obstacle, an accumulation of limiting concepts. So you can't understand in your mind that you can be your being, that you are your being right now. You don't have to be a limiting frame, and that's what you are.

What you need to release in your work and daily life is all that you need to release. You release all attachment and hatred, and get rid of all the emotions associated with you.

Did I answer your question?
Student: Yes, I guess I haven't tried to figure it out, but I understand I can't. You answered my question. Lester: You can't figure it out.

Wind **2021-01-03 10:39:56**

Note: You cannot
figure it out. You
still need to make
the right kind of
effort.

Actually, keeping things
simple is still very
important. Let me talk about
the inertia I also had back
then.
In the past, when I experienced release, I would
subconsciously try to summarize it. But never
try to summarize something mentally; it can lead
you astray for a long time.
The release was good, so
keep releasing it, or
you'll go astray.
Someone once told me: "Once you gain
some insight, you might go astray."
This statement greatly helped me later
in my life.
Record what you learn, not your
understanding of the method. The
method page only needs to contain
the six steps.
Because those understandings are truly limiting.
After I achieved Samadhi through continuous practice,
looking back at my previous bizarre understandings, I felt
quite stupid. Furthermore, those who teach the practice of
liberation introduce even more concepts.
I quickly 早realized that communication didn't help me.
Communication involves everyone sharing their problems and then mutually acknowledging each other's limiting beliefs.

Therefore, most communication is pointless.
The exchange between practitioners is simply about sharing their own intellectual understanding, perhaps even misleading each other by sending out methods or directly transmitting the teachings of the masters.
I used to have a Theravada Buddhist group, which was quite good for Vipassana meditation.
Normally, people quietly share a passage of scripture without adding their own annotations.
Later, as more people joined and started discussing experiences, the group became useless. Experiences processed through mental manipulation were no longer helpful; they only misled people.

Minnie **2021-01-03 11:30:05**

When you can directly feel the ″want,″ do you need to become aware of the underlying emotions? @Roller风**2021-01-03 11:30:15**

Need not
Directly feeling the desire for

Minnie Mouse 2021-01-03 11:32:14

Every time I hear you say it takes a few seconds or one second to release, I think there's no need to ask questions at that point; just let yourself feel it.

go out

Wind **2021-01-03 11:32:27**

It was identified and left, but was released in an instant.

Minnie 2021-01-03 11:32:45

But is it possible to feel an increase in pleasure in such a short time? (Feng, **2021-01-03 11:32:59)**

certainly

Once released, my mind immediately calmed down and a sense of pleasure arose.

It was identified and released on 2021-01-03.

Wenlan 2021-01-03 11:45:12

When the wind releases itself once per second, or when it releases automatically, does it release itself automatically as long as there is a sensation, without distinguishing between agreement and control?

Wind 2021-01-03 11:45:26

Once it is identified, it is released. Sometimes it happens so fast that your mind doesn't even have time to process the continuous release before the feelings surge forth like waves. You just watch it go out.

Elizabeth Zhang 2021-01-03 11:45:34

I haven't experienced continuity; I always need to first feel my chest and abdomen or what I currently want. Is this continuity spontaneous, a necessary process, or uncertain?

Wind 2021-01-03 11:45:40

Initially, your suppressed habits
outweigh your released habits,
requiring repeated practice.
Once you make releasing the norm,
continuous releasing will occur. Beingness (part 1)
— Lester 2021-01-03 11:45:44
https://mp.weixin.qq.com/s/Ek-y_3MUFwKWWHGPzjOMnA

Look, we've all accumulated so much mental distress, and we need to eliminate it. It's so heavy, so much has piled up. Now we're all doing this together, but you should make a strong enough decision. You can do it in weeks, months. So focus all your desires on one desire—to get rid of your own mind. Even if you're with others, you can continuously release it, all day long. You've probably all experienced this constant ebb and flow, this floating and floating state... probably experienced the state where it come up and floats out, come up and floats (out t .) It has to be done, really. There's just too much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of it, a continuous release, look at the six steps. You have to keep the release going. Keep letting it rise and go all day long. You become aware of a feeling and release it. It's a bit like sitting and watching it, watching it go on.

January 3, 2021, chat log between Wind and Roller

Wind 2021-1-3 12:23

Did you leave the group?

Roller 2021-1-3 12:23

I hope I'll never
ask you again ,
okay?

Wind 2021-1-3 12:24

No longer wanting to be part of a small group?

Roller 2021-1-3 12:24

I'm not staying any longer.
I want

complete

independence,

including my

dependence on

you.

Wind 2021-1-3 12:24

That's good

Roller 2021-1-3 12:25

Love you

I almost cried when I said I love you.

Wind 2021-1-3 12:26

I still need to come back to the group and say something when the goal is achieved.

push—Down

with them Roller 2021-1-3

12:28

Just explain it to

me. I'm only going

to join the group

after the first

step; I won't join

until I've reached

that first step.

Otherwise, helping

them will only pull

them to learn from

you.

Wind 2021-1-3 12:29

There's really no need to go back for the first step.

However, That's your

choice Roller 2021-1-3 12:30

What I want is to integrate into the secular world.

My current decision is

to genuinely help

those who incline

towards freedom, but

who knows what the

future holds?

Release

the wind first

2021-1-3 12:31

First achieve the goal

Otherwise, it will be difficult for you to make the decision to be free.

2021-01-03 The more you set aside understanding and practice simple exercises, the easier it is to learn.

Slight Warmth 2021-01-03 13:03:13
@Teacher Fengfeng, although I felt pleasure during the release

before, I now suspect that it was all an illusion, a

release that was coordinated by the mind, not a real

release, right?

Is it really necessary to completely ignore the mind? I tried to completely ignore my mind today, and I got carried away with the energy . (2021-01-03 13:03:26)

Not completely ignoring the mind

How can you completely ignore the mind?
Sunn 2021-01-03 13:03:38

You can never stop releasing fear @wind

Wind 2021-01-03 13:03:50

Before you are completely free, you will have a mind.

Feelings are also a form of mind, only closer to the true self.

Sunn 2021-01-03 13:03:59

I feel like I've been trying to release my emotions for years, but I'm still easily swayed by others and can't see any progress.

Wind 2021-01-03 13:04:23

Releasing the desire for control, recognition, and security. (2021-01-03 13:03:30)

@Wind, I can't seem to get through this phase of releasing my desires. I feel completely lost. Should I start learning from scratch? Wind 2021-01-03 13:03:38

practise

Elizabeth Zhang 2021-01-03 13:03:42

I have a question. I always find myself focusing on the sensations in my "heart chakra." Is it because I'm only focusing on my overall emotions, or specifically the emotions that surface in my chest and abdomen? When I'm being aware, am I not using that area of my chest and abdomen to be aware, but rather being aware of the whole person and their feelings?

Wind 2021-01-03 13:03:50

Regarding learning release, the more you try to understand how it happens, the less you learn; the more you abandon understanding and practice simple exercises, the easier it is to learn.

When you are aware, you are aware of your emotions and your desires.

Elizabeth Zhang 2021-01-03 13:04:02

Where does this awareness occur—in the mind or the heart?

Wind 2021-01-03 13:04:15

In your sensory center

Sedona's road 2021-01-03 13:04:20

Is the center point the one in the Haier video? Is it the Tanzhong acupoint? (2021-01-03 13:04:29)

Q: I used to focus on the area between my eyes, but now I've shifted my focus to the

heart chakra.

Lester: The heart is a good place because it is the center of feeling and feeling is closer to the Self than thought. It depends on your background. If you're a vichara jnani, it'll be the heart, but not on the left side, on the right side. If you're a raja yogi it'll be between the eyes. When I did my concentrating it wasn't on any location; it was on wanting to have the answer. Concentrate on seeking the answer.

A: The heart chakra is a good location because it's the center of sensation, and sensation is closer to the true self than thoughts. It depends on which practice you're cultivating. If you're practicing vichara... If it 's jnani , then it's located at the heart chakra, but on the right side, not the left. If you are raja... yogi,

That was between my eyes. I wasn't focused on anything in particular; I was just trying to find the answer. I was focused on searching for the answer.

center of feeling

A fish 2021-01-03 13:04:37

picture

Sedona's road 2021-01-03 13:04:41

That's what I was looking at. Focusing on the sensory center isn't the same as focusing on bodily sensations, right? I'm just worried about getting them mixed up.

Elizabeth Zhang 2021-01-03 13:04:52

When engaging in self-guided practice, especially after releasing a large amount of energy, first ask questions with your mind, then feel the emotions in your chest and abdomen.

Emotional desires?

Wind 2021-01-03 13:05:00

First, sense your
emotions and desires,
then ask yourself
those questions. The
questions become
simpler as you go on.

Sedona's road 2021-01-03 13:05:06

Thank you, but I'm still a little confused. Is it necessary to focus on the sensory center? I've never focused on the sensory center before when releasing tension; I've only focused some of my attention on sensations.

Wind 2021-01-03 13:05:10

You are more likely to feel sensations in your sensory center.

2021-01-04 The complete attainment of the first step of the six-step Samadhi of "Nabhikpa"

I am Infinite **2021-01-04 02:32:57**

I saw you said you've reached the
first step, are you sure? So fast?
Not many days
I'll send you a sharing from
the wind for comparison. (I'm using the
"Infinite" setting, **posted on 2021-01-04 at 02:39:59)**

[Group chat history]

【

Wind :When Lester arrived at Samadhi, he didn't know Samadhi even existed. Wind :So whether you

know the concept of Samadhi or not doesn't affect whether you get there.

Wind :What I have repeatedly stated is that "Nebikapa" Samadhi is actually the complete attainment of the first step of the six steps .

】

Xiaoli **2021-01-04 06:34:40**

The first step is to reach the Samadhi of "Nabhikpa" (or "Nabikkapa") . I did not achieve this.

I don't know what Samadhi is.

The day before yesterday, the wind helped me to gradually release those extremely heavy and extreme subconscious processes that I had a very strong tendency to avoid, until they could be released automatically.

These basic feelings are released sufficiently.

The fear of death
has emerged; this
feeling is so
different.
Having learned from the previous
experience with extreme program
releases, when initially releasing
the fear of death, I swayed a lot
before gradually stabilizing the
ride and maintaining automatic
release.
Without automatic release, I probably couldn't bear
the fear of death washing over me. During automatic
release, my whole body felt extremely uncomfortable.
Like the feeling of having a severe cold when I was a child.
The release was more intense later, and my limbs felt relaxed at one point.
At that time, the discomfort from my
heart to my navel was almost
unbearable; I was in a state of
releasing my fear of death.
According to what Feng said,
the first step of working
together to cheer each other
on was not achieved.

2021-01-04 There was no way to transcend the surface feelings to release the underlying emotions.

Jamie Ye Minzhen **2021-01-04 17:39:18**

@Wind Can I only write what I want to
write, and not write what I don't want to write? Wind

2021-01-04 17:44:41

That's possible, but you'll always
have to face things you don't want,
and you'll always have to face those
repressed feelings of disgust.
Because there's something more superficial that you haven't recognized.
You can't go beyond that surface feeling
to release what's underneath—the
attempt to suppress it.
No need to look

"You don't need to chase after them after you feel them; they're with you all the time, and you're running away from them all the time."

Don't look for it, especially don't try to look for it.

Just read the six steps carefully; I don't need to give any further explanations to fill in the mental gaps. (Wind, **2021-01-04 13:09:44)**

Regarding learning release, the more you try to understand how it happens, the less you learn it.

Wind **2021-01-04 13:10:05**

The less you focus on understanding and the more you practice, the easier it is to learn.

January 4, 2021: The key to releasing desires is recognizing them and then letting them go.

Wind 2021-01-04 17:56:12

With each release, you will feel more joy; with each release, you will make progress.

The key to releasing desires is to recognize them and then let them go.

When you recognize the desire to control and identify, it brings about a profound experience of liberation.

With just a little release,
the mind will become much
calmer; when it comes to
recognition, it will be
released immediately.
You have a natural tendency to let go.
It will be accompanied by a feeling of energy leaving or dissipating.
Most of the time, you'll feel the energy dissipate as
the feeling leaves, accompanied by the gentle breeze. (2021-01-04
17:57:45)

I didn't feel any pleasure when I released the control, but today I found myself enjoying it all day. Is this even acceptable? [Facepalm] Wind 2021-01-04 17:58:09

Yes, sometimes the effects
happen later, but most of
the time the pleasure is
felt immediately.

January 4, 2021 The repression was deep enough, and the feelings had accumulated enough.

Ai Mi 2021-01-04 18:30:01

wind I hate my mother-in-law; she has done and said many vicious things to me. Can I say my goal is to allow this person to disappear?

Wind 2021-01-04 18:30:29

The target should not be harmful.

就算你的目标是伤害性的，在释放的过程中也会无害化你会转变你的目
标
因为没有人真正想要伤害别人伤害别人就是伤
害自己

Ai Mi 2021-01-04 18:30:38

However, I find it
difficult to let go of this person .
(2021-01-04 18:31:46)

Everyone has problems that seem difficult.
That's simply because the repression
has been deep enough, and the
accumulated feelings have been

substantial enough, allowing those intense, habitual processes to be released.

2021-01-04 Entering the forest alone

Susan Lee 2021-01-04 18:36:34

Wind, is it true that we don't need to look at the group chat anymore, since the whole method is just in six steps? I always feel like I can't help but check the chat history in groups.

Wind 2021-01-04 18:36:50

Yes, that's right. Actually, even the group can be disbanded, because everyone has already gone through the six steps.

Susan Lee 2021-01-04 18:36:55

Okay , I'll leave now and come back when I'm free . ● Thank you Feng and all the group members for your help . Be tough on yourself

Wind 2021-01-04 18:37:07

Alone in the forest

Luo Wanyu (Yu) yù 513 2021-01-04 18:37:24

I'm reluctant to quit, so I've allowed myself to stop scrolling through the chat history and calm down to let loose . (2021-01-04 18:37:33)

That's also a good way.

Now that we know the method and have the map, there's no need for further communication.

2021-01-04 Learn only from Lester Levenson (The Sedona Method) , don't establish authority or idols, and don't need to argue with others.

Above the Dome 2021-01-04 18:40:19

Teacher Feng, I want to ask, have you attained enlightenment yet? (Feng, 2021-01-04 18:40:19)

Discussing this part too much is pointless, because you can't discern the truth. Just learn from Lester, don't establish authority or idols, and don't waste time arguing with others. The journey is already complete.

Above the Dome 2021-01-04 18:40:34

What is the minimum standard I need to meet to have the ability to distinguish them? (Feng, 2021-01-04 18:40:47)

"Do it silently, and your strength will be found in tranquility."

In the Buddha's teachings, one must attain the "stream-enterer" stage of enlightenment.

In the teachings of yoga science, one must attain the Samadhi of "Nyabhikāpā" to eliminate all doubts and see the only direction.

Above the Dome 2021-01-04 18:41:06

I can't feel the wind yet 2021-01-04 18:40:18

Therefore, at this stage, there's no need to trust anyone; just do it and verify it step by step.

2021-01-04 Read the six steps carefully

Jamie Ye Minzhen 2021-01-04 17:39:10

@Wind Can I only write about what I want to write, and not about what I don't want to write?

Wind 2021-01-04 17:39:19

That's possible, but you'll always have to deal with things you don't want.

你总是要面对那些被压抑的厌恶感因为还有一个更
表面的你没有识别
你没有办法越过那个表面的感受去释放底下的那是试图压抑
不用找

"You don't need to chase after what you feel after you feel it; it's with you all the time, and you're running away from it all the time."

Don't look for it, especially don't try to look for it.

Just read the six steps carefully; I don't need to give any further explanation on filling the mind.

January 4, 2021: The fear of death, when expressed physically, manifests as pain.

Wind 2021-01-04 18:54:05

The fear of death, when expressed
physically, manifests as pain, but
that pain is expressed physically.
This means you suppressed your fear of death.

Student: Once when I was doing a release therapy for my fear of death, I experienced some very heavy physical pain, so I must have done something wrong, but it took me a long time to get it right.

Lester: You didn't release it; instead, you expressed it in your body, and you're leading your body toward death. Pain points to death. So, you didn't release it; you just let it manifest in your body.

Student: Then let's go back into it. But I must say, I think it's been slowed down by releasing, but when it happens, I still haven't let go. How do I get back to it?

Lester: Talk to the facilitator at the workshop, not me who took you there. Or you keep releasing the feeling of being stuck, and see that when you don't release the feeling of being stuck, you let it continue to work, which causes you to remain stuck. Can you see how simple this is? If you do this, it's really simple.

have a look the way1
There is a special guide

2021-01-05 Want to drive the feeling of the surface

Fangfei 2021-01-05 09:08:17

Teacher Feng, I'd like to ask if it's acceptable to first allow the most superficial expression of feelings, and then naturally become aware of the

underlying ″compulsion″ (drive) that desires , and then release it upon recognition? I'd like to confirm this because I saw in the group that it's about wanting to express feelings at the most superficial level? I'm a little confused [facepalm] @Feng

wind 2021-01-05 09:08:25

On the surface, you can clearly perceive Fangfei 2021-01-05 09:08:54

Shouldn't I first allow my feelings? Behind every feeling lies a ″want″

Wind 2021-01-05 09:08:59

Once you're proficient, you can directly feel the sensation you want. (Fangfei, 2021-01-05 09:09:14)

Isn't the feeling behind it? (The driving force behind it) Wind 2021-01-05 09:09:25

Want to drive the sensation of the surface

Guo **Xingxing** 2021-01-05 09:09:51

@Feng Sometimes, when I'm writing, I feel a sustained sense of release. I sometimes laugh while writing, but it doesn't affect my logic. I'm still writing; am I hallucinating? Is this possible? (Wind, 2021-01-05 09:09:59)

You can continuously release [energy] in everything you do.

Rong 2021-01-05 09:10:15

@Teacher Feng, could you please explain if the fear of death and the desire for safety are the same concept? [clasped hands] Feng 2021-01-05 09:10:18

Yes, Lester Levenson (The Sedona Method) in the The explanation is in the way.

Lester himself likes to talk about the fear of death, but in his lessons he uses the phrase "wanting safety."

Elizabeth Zhang 2021-01-05 09:10:41

At what point will the fear of death emerge? @风风2021-01-05 09:10:58

Release enough desire for control and recognition. (Xu Hong, 2021-01-05 09:11:12)

@Fengna, when doing things, do we still need to distinguish what kind of desire the feelings that arise are? Elizabeth Zhang 2021-01-05 09:00

It's a feeling distinctly different from wanting to control or identify, and it will come out on its own. (2021-01-05 09:11:48)

Yes, it will come out.

Distinguishing desires is easy.

If you're trying to figure out what that desire is, be aware that it's a desire to control.

January 5, 2021: By releasing your feelings, you will no longer have thoughts that are driven by coercion.

Elizabeth 2021-01-05 10:47:14

If we have a wish, we don't need to judge whether it stems from a desire for approval or control. We only need to consider our current feeling towards it—whether it's a desire for control or approval—without analyzing what needs it arises from, right? Because that wish is caused by karma. Judging it as a desire to change others or a desire for love/approval is actually a form of mental control? @风

Wind 2021-01-05 10:47:28

No analysis required

In the time it took to do this analysis, you've already let go of Shuxin (2021-01-05 10:47:37).

@Wind , every time you face a feeling, do you fully experience it before categorizing it as a desire, or a feeling that just arises? It's immediately clear whether they want control or validation. (Feng, 2021-01-05 10:47:52)

Just look at whether it wants control or approval.

On 2021-01-05 10:48:19

@Wind My house is on the street, and I get annoyed whenever I hear cars. I feel this annoyance and want to control it and then release it.

@The wind always seems to sense the urge to control the passing car, so I release it again and again. Isn't this combining other methods with the release technique?

My feeling is one of strong
desire for control. The
desire to change is also a
form of control.

Wind 2021-01-05 10:49:12

Just let your feelings flow.
This is not a combination of other methods
If you have any feelings about anything, just go back to
your feelings and then release them—release the desire
for control, identification, and security.

Elizabeth 2021-01-05 10:50:01

Will the noise from the car change
after the noise level is fully released? (Feng,
2021-01-05 10:51:18)

meeting
see nothing out there but your sum total thinkingness
Lester Levenson (The Sedona Method) asked you to write this down.

Elizabeth 2021-01-05 10:51:20

Does "fully releasing"
equate to altering the visuals?
(Wind, 2021-01-05 10:52:00)

Images are merely
your thoughts;
thoughts are
merely driven by
feelings.

Elizabeth 2021-01-05 10:52:14

What does "fully releasing" mean? Eliminating the feeling? So the image of the noisy car disappears, right? (Feng, 2021-01-05 10:52:26)

Once you release your feelings, you won't have thoughts that are
forced or driven by you.
You are free to choose what you want.
This will make your world appear
exactly as you want it to. (Zi Shan, 2021-01-05
10:52:44)

What does
this mean? (Feng,

2021-01-05 10:52:34)

The world is merely a representation, just a display screen.
Smashing the screen won't help when
you want to change the display; only
releasing it will.

Elizabeth 2021-01-05 10:52:44

Does the wind, or someone else, appear on my screen because of my subconscious feelings towards you? (Wind, 2021-01-05 10:52:49)

You created that
scene, without
exception.
There's nothing outside, only your own thoughts.

Elizabeth 2021-01-05 10:53:05

Good feelings are also forced, right? So, in beingness , there are actually no feelings at all, only...

Are there any ideas that can be freely inserted? @Wind

But at this moment, the thought originates from the true self, from the whole mind. Is this understanding correct?

Wind 2021-01-05 10:53:12

Clear your feelings

You have no thoughts; when your mind is completely still, you will recognize yourself as infinite existence.

And then never lose this knowledge again

You can freely put in your feelings and thoughts, but it will no longer be used to communicate with people; it will only be used for communication.

Elizabeth 2021-01-05 10:53:19

Who is this randomly placed "you"? Does the image still exist when your thoughts cease? (Wind, 2021-01-05 10:53:29)

Without thought, there is no image, only existence.

Elizabeth 2021-01-05 10:53:47

Don't you have images around you right now? (Wind, 2021-01-05 10:53:57)

You must humble yourself to communicate with others. The way to humble yourself is to let in your feelings and thoughts and see everything as having limitations.

Elizabeth 2021-01-05 10:54:00

So when you clear away all feelings, all images disappear. This seems difficult to understand. It's like you experienced a state of no images, and then, in order to communicate, you introduced images. Does reaching Samadhi mean you're in a state of no sensation and no images?

Wind 2021-01-05 10:54:16

In fact, once you reach the astral plane, you will not see any

matter, only bright, intense light. When you reach Samadhi and experience infinite consciousness, there are no feelings or thoughts.

The image is merely a thought; it is nothing else.

Elizabeth 2021-01-05 10:54:18

When you are in Samadhi, if someone is at home, can your parents not see you? You have disappeared and are no longer in the frame.

Wind 2021-01-05 10:54:36

They will see you because you retain the karma of your body.

Elizabeth 2021-01-05 10:54:52

How is the karma of this body cleared? Is it automatically cleared after the fear of survival is released? (Wind, 2021-01-05 10:54:57)

You don't need to clean
Generally, people will wait for it to complete its preset path; very few people will let it disappear directly.
However, if you decide, that's fine too.

Elizabeth 2021-01-05 10:56:02

Is it also done
through a release method?
(Wind, 2021-01-05 10:56:15)
No, I meant after freedom.
After gaining freedom, you can decide to let your
body complete its predetermined course, or you can
leave directly—that's your choice, a completely
free choice.
Elizabeth 2021-01-05 10:56:18
Back then, you could directly see these
choices without needing any methods, right? (Feng,
2021-01-05 10:56:19)
Yes, once you're free, you don't need a method.
Guo Xingxing จุ๊ 2021-01-05 10:56:26
Is it impossible to change pre-set things, even after freedom?
Wind 2021-01-05 10:56:59
But you need to follow the methods to achieve freedom.
Yes, you can do it when you
transcend karma. (Rong, 2021-01-05 10:58:00)
@Teacher Fengfeng, my question was a bit naive, haha
[facepalm]. It's about what karma actually is [fist bump]. Feng 2021-01-05
10:58:06
program
Just
feeling Rong
2021-01-05 10:58:29
Oh ● m˝ I understand now If I still don't understand the
program Thank you ,I H.

Yitian 2021-01-05 10:58:40
Isn't a complete process comprised
of both feelings and desires? @风风2021-01-05
10:58:46
Desire is
also a
basic
feeling.
Yitian 2021-01-05 10:58:55
What gives feelings this driving
force that compels and drives all
our words, actions, and thoughts?

Sui Le 2021-01-05 10:58:59

@Wind He could hear the noise of passing cars, but after he released all the wind, even though cars were still passing by, he couldn't hear the noise anymore.

Ma

Wind 2021-01-05 10:59:12

The only source of

power is yourself,

your infinite

existence.

You are the one who gives power to feelings, so of course you can release them.

If you don't want it, this thing will simply disappear from your experience.

ZOEY 2021-01-05 10:59:23

In your opinion, what is the

meaning of life? @风随乐2021-01-05 10:59:30

@Wind So, even though the car is still passing by, you can't hear it if you don't assign it any meaning?

风 2021-01-05 10:59:35

The only meaning is growth.
Gaining freedom, returning
to your infinite
existence—no, there is
nothing external.

What is the meaning of music? (January 5, 2021)

Clear blue sky 142857 2021-01-05 11:46:00

@Teacher Feng, how can I truly decide
that I want freedom? I feel like I
still don't really want freedom.

Wind 2021-01-05 11:46:05

No one else can help you with this.

ZOEY 2021-01-05 11:46:07

What about the many more who never
even embarked on the path of growth? (Wind,
2021-01-05 11:46:13)

In a slow way
They searched for happiness in
every direction in the world,
but there was no happiness in
the world.
After repeatedly banging your head against
the wall, you will eventually arrive at
this one and only direction, but the
entire process may take millions of years
or even longer.

ZOEY 2021-01-05 11:46:20

You're experiencing extreme joy every moment
right now, aren't you? (Wind, 2021-01-05 11:46:25)

I cannot describe more than this joy.

Guo Xingxing **จุบ๊** 2021-01-05 11:46:50

@Wind asked about my personal preference and would like to hear your explanation from your perspective. What is the meaning of music?
Ancient Indian music is interpreted down to the smallest detail, focusing on every emotion and its connection to the universe and life. Ancient Chinese music was also intertwined with the lives of emperors , life itself, and the I Ching (Book of Changes). At some point, was music also a path to freedom? What is its significance? (Feng, 2021-01-05 11:46:59)

Music is vibration

The initial

vibration was aum ZOEY

2021-01-05 11:47:14

What exactly is this so-called message from Bashar? Is it from a higher spirit? (Wind, 2021-01-05 11:47:24)

I will not comment on those communications.

Guo Xingxing **จุบ๊** 2021-01-05 11:47:36

Why is such vibration necessary?

Wind 2021-01-05 11:47:52

All you need to know are all the

psychic messages that have no

meaning to freedom.

Pleasure your astral body

ZOEY 2021-01-05 11:47:58

OK

Wind 2021-01-05 11:48:02

To desire freedom, one should also unleash their passion for music.

ZOEY 2021-01-05 11:48:14

Do astral bodies need pleasure?

Guo Xingxing จุ๊ 2021-01-05 11:48:35

Is it impossible to surpass astral bodies through vibration?

Wind 2021-01-05 11:48:44

Of course, all three bodies are bound. (Yitian 2021-01-05 11:48:59)

Is the astral body located inside the physical body? @风风2021-01-05 11:49:14

There is a way, but it's not through external music.

ZOEY:

Is causality also a form of bondage? (Wind, 2021-01-05 11:49:19)

This method is not suitable for the present era; indeed, causality is also a constraint.

Guo Xingxing จุ๊บ :

Yes. I was looking at Sanskrit texts and the connection between life and sound was so strong that I wanted to ask about it. (Wind, 2021-01-05 11:49:28)

No, the astral body is the blueprint of the physical body, and the physical body is an exact copy of the astral body.

Yitian 2021-01-05 11:49:30

Where exactly do astral bodies exist? (Guo Xingxing)

There was in ancient times

Guo Xingxing จุ๊บ :

The blueprint of the body is so interesting; it turns out it was here all along.

风 2021-01-05 11:49:52
matrix
这是莱斯特用的词
肉体是被星光体投射出来的，而不是相反

Yitian 2021-01-05 11:49:58

Do astral objects transcend the concept of space? Do they actually exist on Earth?

Wind 2021-01-05 11:50:26

No

The physical body must be operated by the astral body .

(Yitian 2021-01-05 11:50:47)

My astral body isn't on Earth ? ● m ¨ ˝

Wind 2021-01-05 11:50:52

This is not about "an astral body inside a physical body" - Guo Xingxing จุ๊บ :

Therefore, music can at most reveal the blueprint, the present state of people and society, but even if one wants to understand karma, it has... limit.

Yitian 2021-01-05 11:51:12

Does everything tangible and material have an astral body?

Guo Xingxing **จุ๊บ** 2021-01-05 11:51:19

There are intangible ones too, right?

风 2021-01-05 11:51:25
当然，因为星光体是心智性、情绪性、生命粒子的

Elizabeth 2021-01-05 11:51:36

If freedom can encompass any image (including cars, people, and scenery) , can the image of parents' freedom appear? Does the free will of other

风 2021-01-05 11:51:50
在思想层面，你产生一个画面，你就发展了星光体
可以，但你不会这么做
你只是不会去这么做，而不是有一个"我不能"

Guo Xingxing **จุ๊บ** 2021-01-05 11:52:51

@Wind , is my understanding correct? Then music is inseparable from astral bodies and their reflections.

Wind 2021-01-05 11:52:59

Vibration can penetrate to the primordial state.

However, the music we're referring to is indeed only for pleasing astral bodies.

Elizabeth 2021-01-05 11:54:15

@The reason why the wind won't change is? If Lester changes a scene's visual, and you happen to be there, and you change it too, what happens.

Guo Xingxing **จุ๊บ** 2021-01-05 11:54:19

The music of ancient India and ancient China seems to be more than just pleasant.

Wind 2021-01-05 11:54:33

Two free individuals will not have opposing opinions.

They are all the same infinite being, just with different names.

Elizabeth 2021-01-05 11:54:38

If it's the same person, Lester is in every atom, and you are in every atom, depending on which frequency the person perceiving is reading. You previously said you sensed Lester nearby.

Wind 2021-01-05 11:54:45

Of course, because nature is the embodiment of aum—the most primordial sound or vibration—Brahma, Vishnu, and Shiva are the most 早musicians.

Elizabeth 2021-01-05 11:54:52

Why won't parents change their ways? (2021-01-05 11:54:58)

The prophetic musicians' deeper purpose differed from ours; it was to awaken the human spinal cord.

Guo Xingxing **จุบ** 2021-01-05 11:45:00

Spinal
Center Stroke
2021-01-05 11:55:16
You will not interfere
with the karma of each individual.
(Huixuan, 2021-01-05 11:55:33)
@Wind, how do you understand
frequency matching, and how can I achieve
frequency matching? (Wind, 2021-01-05
11:55:35)
release
Without mental conflict,
you are simply identifying with the
frequency. (2021-01-05 11:55:40)
Mr. Feng, how many people on Earth today have
achieved true freedom? (Feng, 2021-01-05 11:56:00)
I will not disclose this matter.
I can only say it's much
less than you imagine
because many people
don't want to know.
In primitive times, the music of various civilizations corresponded to the natural time of day, the seasons, and the principal deities of special powers, such as Indrag, and could only be heard at the dawn of spring, evoking feelings of universal love.
Guo Xingxing **จุบ๊** 2021-01-05 11:56:06
What about Tara? I thought this explanation was just philosophical.
Wind 2021-01-05 11:56:36
There are 120 kinds of
interconnected things in the Taras era in
Sanskrit texts. (2021-01-05 11:58:19)
This is just a feeling,
no analysis needed. (Wind, 2021-01-05
11:58:27)
These rhythms originate from human movement, twice the time spent walking, and three times the time spent breathing while sleeping, at which point the inhalation time is twice the exhalation time.
Guo Xingxing **จุบ๊** 2021-01-05 11:58:39
Can it help humans besides bringing them pleasure?
The era of the Internet of Everything 2021-01-05 11:59:01

Is it true that you'll
be able to see it just by
practicing more? (Feng, 2021-01-05
11:59:09)

It is effective
spiritual
training .
Through practice
Vibrations act not only on astral bodies

Guo Xingxing จุบ๊ 2021-01-05 11:59:47

How can we understand and obtain the corresponding vibrations?

Wind 2021-01-05 12:00:00

I want to say "release," but that answer is sometimes too simplistic .

However, you do need an intuitive
understanding to know that the ancient
Indian music brought by the prophets was
essentially individualized.
The third eye is the center of intelligence; at the time of death, a
person's consciousness often focuses here.

Guo Xingxing จุบ๊ 2021-01-05 12:00:09

Release is related to vibration,
but release has nothing to do with music.
(Wind, 2021-01-05 12:00:18)

The biblical metaphor is that God 早created the Kingdom of Heaven by focusing His consciousness on the third eye on the forehead, where all His creative power was concentrated. However, this was lost when He began to use the physical nature of His body to "cultivate the land."

Release and none of those things matter.

The only thing you need to know about releasing it is six steps.

Guo Xingxing **จุบ** 2021-01-05 12:01:35

Is there a way to achieve freedom through human musical vibrations? Did such a method exist in ancient times?

Wind 2021-01-05 11:42:08

There are methods that utilize vibration.

The human body is the best musical instrument; external music is merely the initial training.

That's all for the answers to intellectual questions. Let it go; it will bring all the answers.

2020-01-05 Wind Explains Six Steps

The six steps outlined in the course: When the process says "allow yourself to be aware," it doesn't mean you forcefully dig, but rather what you are aware of in this moment without doing anything. There's no need for effort or control. Why doesn't the course teach you "how to be aware"? Because "how" involves mental effort. For example, ask yourself if you want control or identification right now. You'll immediately be aware. If not, then you want to control. Wanting things to go your way is wanting control. It's very simple. So, again, remember these six steps. Keep them close at hand and refer to them whenever you need to. Any questions you have about liberation can be answered within these six steps.

I can explain it step by step.

The first step is that "you must want freedom more than you want control and approval." Wanting control and approval is a way of limiting your feelings. But sometimes we're that foolish. We'd rather have restrictions than freedom. Sometimes you get stuck precisely because you're unwilling to let go of them. Just want When you realize that the desire to control and identify with limits you, you crave freedom even more. So the six steps don't really need explanation. It's

simply what it sounds like.

The second step is to make a free decision. A decision is a decision. Because you want freedom, you decide to do it.

The third step is that all your feelings are driven by a desire for control and acceptance. You are constantly experiencing these feelings, and the entire world you perceive is designed for control and acceptance. You are on guard 24/7, trying to prevent the fear of death from surfaceing. This defense mechanism is based on the desire for control and acceptance.

The fourth step is continuous release. Continuous means ongoing. You do it the first time, then you can do it a second, a third, a fourth … until you finally achieve freedom. Lester said, "there…" is no stop in the six There is no "stop" in the six steps. "Continue" means to continue.

The fifth step is the one you'll likely use the most at first, because you'll often get stuck. But getting stuck is simply because you want to control it. The only reason you get stuck is because you want to control what's happening. It's that simple. Release this desire to control what's happening, and the feeling of being stuck will immediately turn into smoothness.

The sixth step, and the one we most easily overlook, is about letting go. Each release makes you feel freer, which can be described as easy and enjoyable, but ultimately it's about freedom. The motivation from these experiences strengthens your desire for freedom from the first step. As Lester said, "If you do the first step thoroughly, you will naturally follow the next five steps." If you do the first step thoroughly, you will have no obstacles. Control is a good thing, but wanting to control is not. Wanting equals lack. Wanting to control is a feeling of lack regarding control.

Is it feasible to watch the show on January 5, 2021 ?

Jamie Ye Minzhen 2021-01-05 19:48:16

@Feng , is it feasible for me to watch dramas and release my emotions?

The film's plot brought back many events I'd never wanted to face. If I hadn't watched it, I would have thought I'd already let go. I'm afraid I'll become addicted to this kind of catharsis, violating the original method of catharsis. @风

If you're afraid of death, why not just watch more horror movies? Or is it feasible to use VR technology to let people practice dying? wind

Wind 2021-01-05 19:49:17

Doing so can help bring out the fear of death.

However, if you are under immense pressure to control and gain approval, you may be unable to directly confront the fear of death.

January 7, 2021 If you are disturbed, it only means you want to be disturbed.

Yitian 2021-01-07 20:23:44

【picture】

"When you continue to release, you will automatically isolate yourself" means that once you enter a state of continuous release, you will naturally not be disturbed.

@wind

Wind 2021-01-07 20:23

certainly

外面的世界本来就是你投射的
如果你被打扰，只能说明你想要被打扰你用思想创造了
那个被打扰的境况

Yitian 2021-01-07 20:23

Did you encounter any disturbances during your seclusion? (Feng, 2021-01-07 20:23)

No

Once you've decided to turn inward, nothing can bother you.

Yitian 2021-01-07 20:23

Is it that there's an external stimulus but no reaction from within? Or is there truly no external interference? (Wind, 2021-01-07 20:23)

It's the same thing.

外面只有你的思想
一开始你还在创造一些事件 不过那是你的欲
望在打扰自己
释放到后面，尤其是集中释放死亡的恐惧的时候，想要控制和认同走得差不多了，世界完全不会干扰

Yitian 2021-01-07 20:23

For example, you're in a locked room and someone knocks on the door, but it doesn't affect you at all. Or is it that once you enter continuous release, no one will knock on the door at all?

Wind 2021-01-07 20:23

This is even more obvious in the woods;
venomous snakes and wild beasts will keep
their distance, releasing enough desire for
control and acceptance that no one will even
knock on the door.

Yitian 2021-01-07 20:23

I see

2021-01-09 Complete Release — Feeling completely possessed, the mind no longer revolves around it.

Qinqinqin 2021-01-09 19:05:54

How do you define complete release? I've felt completely released several times. I told you, the goal is almost...

All achieved

But in the end it didn't work out.

Wind 2021-01-09 19:06:35

You know you completely released on it when you don't give a hoot
This is what Lester Levenson (The Sedona Method) said.
Because you already feel that you completely
possess it, your mind no longer revolves around it
or seeks external validation.
You only realize it when you have it.
If you still have the urge to seek

external validation, releasing it means you haven't fully released it.

2021-01-09-20 As long as you don't release it, you're suppressing it.

Zizai 2021-01-09 20:20:13

@Wind, is it only possible to get stuck after learning the release method? If someone hasn't even experienced the release method, they shouldn't have the problem of getting stuck, right?

Wind 2021-01-09 20:20:25

You could say you're constantly stuck, because when you're not releasing it, you're actually suppressing it, not allowing it to surface.

Zizai 2021-01-09 20:20:56

@Wind's chest tightness problem persists, making me hesitant to practice. (Wind 2021-01-09 20:21:09)

I've been trying to pay as little attention to my physical sensations as possible. (Zhang Fei, 2021-01-09 20:21:54)

@Wind means that as long as it's not continuously releasing, it's stuck, using step five, right? Wind 2021-01-09 20:22:00

If you want to release something but can't, that's called being stuck. Another situation is simply not wanting to release it at all.

Ice Purple 2021-01-09 20:23:17

[Image]

Wind 2021-01-09 20:23:29

As long as you're not releasing, you're suppressing. Feelings keep surfacing and then dissipating. Feelings keep rising.

Lift.

You feel pleasure and are satisfied with the present pleasure. At this point, you may also want to control this feeling of pleasure.

2021-01-10 Go do it!

Roller 2021-01-10 09:39:14

Wind, you don't know everything yet, right? (Wind, 2021-01-10 09:39:25)

The last step was not completed.

Roller 2021-01-10 09:39:31

Okay, I understand.

You know some things, but
you also face unknown challenges.

(2021-01-10 09:39:44)

If you want to know, I'll take it from Samadhi.

Roller 2021-01-10 09:39:50

Haha, I teased you a little, sorry.

Brother Feng, I'm
about to reach the
first step. I'm very
confident that it'll
be soon.

I've slowly come to realize that this world can't give me the happiness I want. My joy lies only in my own heart; the ability to be happy is the ability to love. My goals are not as tempting to me as inner happiness.

I truly want to emulate this aspect of being a teacher. (Feng, 2021-01-10 09:40:12)

Go do it.

Roller 2021-01-10 09:40:50

【picture】

That's the feeling.

What is it. I must get it

2021-01-11 Keep it simple and easy; repeated practice will help you master it.

On January 11, 2012 20:52:05

Welcome, Teacher Feng

Ask any questions you have.

I might not see Teacher Feng for a few days. Love is the key.

21:00:23

@Teacher Fengfeng, I have a question: When I'm releasing emotions, I don't think about what specifically I should release , but rather what feelings and emotions I have that I release. However, I remember that one of the six steps is to reduce all feelings and emotions to the three basic desires and release those three basic desires. At that time, I would use my brain to find out what the desire behind my emotion is, but I found that when I was thinking, I seemed to enter an unnatural and somewhat rigid state, which seemed to be deliberate and actually hindered my smooth release. How can I solve this problem?

Sometimes I can naturally release certain basic desires, but other times I just can't . (2012-01-11 21:01:46)

No need to use your brain to search

Relax, keep things simple, and release your desires in a unique way.

20121-01-11 21:04:44

@Wind, does releasing the fear of death need to be done continuously? I always get tired after half an hour and have to stop, unable to continue. Then I start over

again the next time, over and over. I can't make progress. As soon as I relax and ignore everything, the fear comes out. I still can't calmly release my fear.

Wind 20121-01-11 21:04:49

Once the desire behind the feeling is identified, it is immediately released, almost without needing to ask a follow-up question.

gydx 2012-01-11 21:04:58

@Teacher Fengfeng, hello. When I release desires, I can simply be aware of many very rapid urges, but my mind cannot distinguish which of the three basic desires it is. Trying to distinguish them only makes me...

It makes my brain more tired and increases the burden.

Wind 20121-01-11 21:06:16

Feeling tired means you're
exerting effort; releasing
doesn't require effort—that's
the course design.
When you truly begin to let go of the desire for control and identification, you'll find it's very simple.

gydx 21:08:54

@Wind I can release my emotions. Today, while lying down and releasing them, I observed many desires arising one after another, but my mind couldn't even distinguish which desire it was.
@Feng, do you really need to identify which kind

of desire? Is simply observing desire enough?

Feng 2012-01-11 21:10:36

This is not a release method.
Releasing the desire for approval or control once is
equivalent to releasing thousands of emotions attached to
it. Sometimes, many of the "desires" we express are
actually just thoughts.
You don't need to intentionally distinguish them.
Yes, as Lester said, you need to release enough
of the desire to control and approve—not by
watching, but by practicing.
When desire is brought forth, it
is released; otherwise, you
return to the beginning of the
process.
Relax your body and rediscover its sensations.
Identify what kind of desire it is and let it go.
Keep things simple and relaxed;
repeated practice will help you
master thinking and analysis, but it
will also make it increasingly
difficult for you to let go.
Because the mind only plays
back past experiences, saying
"no" is...

Then proceed to the next process.
You've introduced a
concept of
psychotherapy, but those
concepts are all
imprecise.
Our current psychology is based on some flawed assumptions.

2021-01-11 Don't try to figure it out, just follow the process. If you don't get it the first time, do it a second time .

WHAT AM I 2021-01-11 21:05:14
Those people in the videos, just as you said, were learning to release their desires; as soon as they became aware of it, it was gone. (2021-01-11 21:05:27)
Learning to release desires can
begin by starting with emotions and
working backwards; this is also part
of the course design.
WHAT AM I 2021-01-11 21:05:34
Well, we can only keep exploring and figuring it out.

Wind 2021-01-11 21:05:49
My advice is not to fumble around; just follow the process the first time. If you don't get it right the first time, then do it a second time.
That will be faster.
Trying to figure things out through your mind will actually lead you down many detours, because your mind can only play back past experiences.
WHAT AM I 2021-01-11 21:06:57
In other words, even if the desire is analyzed, it should still be pursued?

Wind 2021-01-11 21:07:00
Um
You can see in the video that during the teaching process , the instructor did not correct their misconceptions.
WHAT AM I 2021-01-11 21:07:15
Can this desire be let go? The answer is no , but keep asking if it can be let go until the answer is yes? (Wind, 2021-01-11 21:07:43)
Even if they thought about it
WHAT AM I 2021-01-11 21:07:54
Yes
Can this desire be let go? The answer is no , but keep asking if it can be let go until the answer is yes? (Wind, 2021-01-11 21:07:59)
no
If you haven't left, you can just go through the process again, starting from the first step.
Relax your body
WHAT AM I 2021-01-11 21:09:10
It's about rediscovering those emotions?
(Wind, 2021-01-11 21:09:28)

Yes, let's start
from the first
step, just like
the first release.

WHAT AM I 2021-01-11 21:09:57

Okay, I'll do
it that way . (2021-01-11
21:10:11)

Because you are in the learning stage
So just treat it like the first time every time.

January 11, 2021: The graduate student's approach is simply to release the feelings that are currently stuck in their throat.

Wind 2021-01-11 21:26:40

"Everyone is combining other things with release, and when you do that, you slow down the release. If you need something else, you slow down the method."

Zaiyan 2021-01-11 21:27:06

When Teacher Feng arrived, I felt completely silent [facepalm]. Even asking questions became difficult [facepalm].

Wind 2021-01-11 21:27:14

When using the release method, all additions weaken its power. (Zhouzhou, 2021-01-11 21:27:35)

@After the wind is completely released, does it know where it's going? Wind 2021-01-11 21:27:57

Know

Zhouzhou2021-01-11 21:29:30

Does he truly know, or is it just a direction? Will the physical body suddenly disappear? (Wind, 2021-01-11 21:29:49)

No, unless you consciously make it disappear.

It's very specific, but it's intuition rather than thought, and it's more certain than thinking.

Because I'm planning to go into seclusion in a few days, I'll try to answer questions related to the actual release. After that, there are six steps, course videos, and Lester Levenson (The Sedona Method) audio materials.

It's enough to support everyone to complete the entire journey; no teacher is needed.

Releasing anything is not difficult; simply treat it as a feeling to release.

There are 112 ways to do this.

The release method is the most suitable for the present era.

Lester discussed this issue, stating that psychology considers emotions to be normal, and that you only need to adjust them. However, emotions themselves are programs, and these survival programs are, in fact, anti-survival.

Yan Guilai 2021-01-11 21:36:13

@Feng , whenever I mention that you'll be leaving after you get free, I always feel inexplicably sad and lost. Is this because you have a fear of freedom?

Inner Clear Sky 2021-01-11 21:36:24

Do all those who truly find peace eventually end up living in

seclusion like you, Lester?

Wind 2021-01-11 21:36:34

That's not it.

For me, it's about returning to normal life.

As I've mentioned before, although I've been involved in spiritual practice for many years, I've never been involved in the spiritual community or the psychic community.

I've always practiced silent meditation, and after encountering the release method, I practiced silent release, so I have no inclination to become a teacher.

Zaiyan 2021-01-11 21:38:39

@Teacher Fengfeng, you're here! I can't get a question out of me. Could you please guide me? I believe you understand everyone, thank you.

Wind 2021-01-11
21:39:15

Then cry it out.

It is best to use the standard procedure for release.

The effectiveness of the release method is beyond human imagination.

Zaiyan 2021-01-11 21:40:45

Do I have to ask
questions before
releasing it, or can I
just release it
directly?

Wind 2021-01-11 21:40:50

If you're truly using the
release method created by
Lester, the problem of releasing
desires is very simple, just a
sentence or two, but those
sentences contain a complete
process: consciously release
desires and then apply it.
Follow the video
During the learning phase,
practicing with videos is the best
way; you described the feeling as
surging like waves.

Zaiyan 2021-01-11 21:44:50

@Wind , when did you stop asking questions?

Wind 2021-01-11 21:44:51

At that point, you'll
naturally know you don't
need to ask , but once you
stop, you need to operate
according to the
procedures.

Once you truly get used to releasing, you'll find it easy to release.

You need to spend more than 50% of your time each day releasing stress for the habit of releasing to surpass the habit of suppressing it.

Zaiyan 2021-01-11 21:47:00

Yes, I used a question to start it up, then it was very quiet, and after the release was successful, I didn't need to use it anymore.

Wind 2021-01-11 21:47:34

Using memories to evoke
emotions is one method, but
it's a method used in
elementary school.
The graduate student's approach was to release the stuckness only.
Just release the feeling
that's stuck there right
now, put one out, then
put another out.
If feelings of wanting to control or identify arise, release them.
Until the fear of death surfaces, you allow it to surge
forth, surge forth like waves. Well, generally there
won't be any visual images.
You released it a little slowly.
Or rather, there's something wrong with how you're using this method.

Li 2021-01-11 21:50:58

@Welcome , Teacher Feng [rose]
I've been practicing for a while, but I haven't felt a significant sense of relaxation and joy. Is it because I haven't released my emotions yet?

Wind 2021-01-11 21:51:17

Okay, keep practicing, practice with the video.
I shouldn't use analysis to answer your questions.

gydx 2021-01-11 21:51:40

@Wind I always need to feel a strong sense of control and self-affirmation. Only then do I feel like I'm releasing that sense of control and self-affirmation. Why is this happening? And how can I fix it?

Wind 2021-01-11 21:51:43

Because the method
is experiential,
it doesn't need to
be like this.
You just
need to
answer and
then
proceed.
Practice the process once,
then practice it again until
you truly master it.
The simpler you do it this
way, the faster you'll
learn. You can provide some
assistance if needed.
However, keeping the
operation process as
simple as possible
is acceptable.
No need for this
Just follow the simple process

Li 2021-01-11 21:56:15

Okay. Thank you, teacher! In the video, the teacher mentioned feeling

something in the chest and abdomen. Were those three questions asked by the mind? I feel like they were asked by the mind? @风

Wind 2021-01-11 21:56:33

It's a question of mind.

It's a question about mindset, of course. Do not summarize the process in any words. Lester never wrote a book about the release technique while he was alive; he practiced it by following videos. You can only learn to release yourself by watching others release themselves and experiencing it alongside them. I'm not in seclusion; I'm living in seclusion.

Zaiyan 2021-01-11 21:59:32

@Taking refuge in one's true nature

The teacher is going into seclusion.

Li 2021-01-11 21:59:45
OK

Wind 2021-01-11 22:00:06
The chest and abdomen are sensory centers.
The accurate center
of sensation is the
heart chakra, but
there are also
sensations in the
chest and abdomen.
Is there anything
wrong with this?

Like Water 2021-01-11 22:01:33
@Wind I would be in a lot of pain if I were in a relationship now.

Wind 2021-01-11 22:02:15
Try the release method.
Of course, isn't everyone here to learn how to let go?
My purpose in going into seclusion is because the liberation method doesn't actually need a teacher.
If I continue to stay here answering a large number
of mental questions, it will actually be an
obstacle. The method is actually very simple.
When you try to communicate, you're actually
trying to find a mental understanding.
That's why I say communication is actually
about mentally misleading each other.
Implement six steps to continuously release
The six steps are everything you
need to know at the knowledge
level; it's best not to do it
this way.

Li 2021-01-11 22:08:09
Thank you for your answer, teacher [rose emoji]. Will I be able to learn the release method just by practicing more? Why do I feel so stupid ? [facepalm emoji] I've been practicing for a while, but I still don't feel like I'm making any progress.

Wind 2021-01-11 22:08:12

If you haven't mastered it, go
through the process again
until you have.
But if you fill your head with other people's conceptualized experiences or tips, you'll go astray.

January 11, 2021: It is not recommended that people summarize their experiences into methods.

Wind 2021-01-11 22:09:22

Therefore, I do not recommend that people
summarize their experiences into methods;
they should always return to the original
process.

Zaiyan 2021-01-11 22:10:47

Go back to the original process forever

Wind 2021-01-11 22:12:15

Complete process

首先你要放松身体
一旦你发现自己在用力做释放，需要停下来放松身体因为很多人因为
过去的错误习惯，习惯了去用力
释放时如果你试图找一种感受，那就是在逃避当下的感受你全天候二十四
小时逃避着当下的感受

Like Water 2021-01-11 22:15:09

@Feng always tries to avoid doing exercises, what should I do?

风 2021-01-11 22:15:28
针对它做释放注意到时释放
释放很简单，很轻松
释放不是一种需要你付出极大精力的活动
有人可能因为以前错误的练习方式对释放有错误的概念接受不清晰的感
受
不清晰的感受是一种感受需要认识到这一
点
你不存在没有感受的时候
你只有不把感受当感受的时候

莱斯特专门提到这个 vague feeling
模糊不清的感受

gydx 2021-01-11 22:18:49

@Wind, have you been cultivating release techniques throughout your past lives? Wind 2021-01-11 22:19:07

no

The release method was introduced for the first time.
The vague feeling is because you're avoiding feeling in order to experience your vagueness.
When you ask yourself a question, is it a thought in your mind? In the stage of releasing emotions and then releasing desires, you can

trace back from emotions to
desires.
This is also the way the course is conducted.
Once you're familiar with it,
you can release your desires
and relax a bit.

gydx 2021-01-11 22:23:37

@Wind What directly affects the speed of progress for each person? In other words, what determines the speed of progress for two people with similar habits practicing the Release Method together? Buddhism says that the speed of progress is related not only to the level of diligence but also to the foundation cultivated over lifetimes, the accumulated merit (paramita). If one has had correct practice in past lives, progress will be faster in this life.

Wind 2021-01-11 22:24:14

will power

Willpower

Only related to this

Use the process, don't worry about it.

The experience will change as you release it.

gydx 2021-01-11 22:25:11

@How can wind increase willpower?

Wind 2021-01-11 22:26:09

But the most basic release is simply becoming more relaxed and enjoyable; it's all about letting go of the desire. Choosing to identify with your infinite existence or your physical body is a matter of complete free will in making a release; it is choosing to identify with your infinite existence.

随乐 2021-01-11 22:27:11

@风释放时，能量流动到边缘就不动了，不是流动出去没有了，应该是消融了才对吧，这是卡住吗？

风 2021-01-11 22:27:14

是的，每一次释放都会让你 move up，这是卡住。事实上你只要过于注重体感会卡住。因为感受（feeling）是心理层面的东西。你真正释放的是这个，你体验到的身体感受，清凉、热、能量消散，闷堵变通畅，那都是伴随着情绪的释放发生的。会有一点效果，会释放一点，但是远远不如释放流程的威力。get everything by releasing only。只要有想要的，通过释放获得它。感受驱动念头。想要是一种感受，基础感受。比如 workbook 里面的练习，你想要从哪些地方获得控制，你想要从哪些地方获得认同。做这些练习是可行的。注意心理感受，不要注意体

感。

gydx 2021-01-11 22:32:24

@风get everything by What does ″ releasing ″ mean? [smile]

Wind 2021-01-11 22:32:36

Simply by releasing everything you want

Beautiful Life 2021-01-11 22:34:22

@Wind , is it normal to burp or pass gas whenever you feel you've released your emotions? [Laughing]

Wang Jihong 2021-01-11 22:34:32

@wind

That's why Lester Levenson (The Sedona Method) always wants you to confirm your gain .

What does this sentence mean?

Wind 2021-01-11 22:34:54

Note that your "lack
of feeling" and
other reactions are
normal.
This confirms the purpose of step six.

Clear Sky 483 2021-01-11 22:35:27

@Wind , you don't feel anything, so you want to feel something, right?

Wind 2021-01-11 22:35:36

Each release will bring you benefits.
For example, a heavy emotion becomes pleasant after being released.

Clear Sky 483 2021-01-11 22:35:59

I used to be able to feel the effort
in my chest and abdomen, but now I can't feel the
wind. (2021-01-11 22:36:04)

A long-standing habit
is broken and a goal
is achieved.
These are all gains, and
recording them will
provide the motivation
for continued release,
which is also an
important point.

只是伴随的身体感受
没有感觉，是一个模糊不清的感觉
或者不明显的感觉
去有意识注意你的模糊不清
这会带来很大的帮助
先注意到它
不要那么急
如果你去感受时，你的感受是“没有感受”
这时候不要去找别的感受
只是允许这个“没有感受”在这里
先不要这样做
先去注意这个“没有感受”
或者说空白的感受
有意识注意它，直到你认出它是一种感受

没有感受，模糊不清的感受，只是你在逃避感受而已
它并不是真的没有感受

Your first repressed feeling was the fear of
death (the desire to survive), which then
developed into a desire for identification
and control.
They developed nine
categories of emotions
and numerous
individual feelings.

In the release method, when we talk about

emotions, we are referring to the nine emotions

listed in Agflapcap. When we talk about

feelings, all individual feelings, emotions, and

desires are feelings.

In summary, here's a summary:

(Wind, 2021-01-11 22:37:19)

It's just an accompanying physical sensation, a vague or indistinct feeling. Consciously paying attention to this vagueness can be very helpful. First, notice it, don't rush. If when you try to feel it, your feeling is "no feeling," don't look for other feelings. Just allow this "no feeling" to be there; don't do that yet. First, pay attention to this "no feeling," or blank feeling, consciously notice it until you recognize it as a feeling. The lack of feeling, the vague feeling, is just you avoiding feeling; it's not truly a lack of feeling. Your first repressed feeling is the fear of death (the desire to survive), which then develops into the desire for identification and control. These develop into the nine emotional categories, and many other individual feelings. In the release

method, when we talk about emotions, we refer to the nine emotions in Agflapcap . When we talk about feelings, individual feelings, emotions, desires—all are feelings.

The only steps required to complete the entire journey on January 11, 2021 are six.

Wind 2021-01-11 22:44:55

Continue the process
You can also directly
release this anxiety and
familiarize yourself
with releasing emotions.

Many people, during the emotional
release phase, mistake inappropriate
emotions, such as vague or unclear
feelings, for no feelings at all.
You can't possibly not feel anything.
You spend 24 hours a day
avoiding experiencing the beauty of life.
(2021-01-11 22:48:42)

Recognizing that not feeling is also a feeling, then...?

Wind 2021-01-11 22:48:57
Then release

Mingkong2021-01-11 22:49:07
@Feng feels imperfect, not good enough, and doesn't deserve to live in the world. How can he release this feeling?

Wind 2021-01-11 22:49:27
Recognize that this is just a feeling, and then release it.

Beautiful Life 2021-01-11 22:49:37
Could you guide me a bit?

Wind 2021-01-11 22:49:38
Is the release
method really that
simple? I won't
provide guidance
now.
You'd better practice with the video.
After learning the process, practice on your own.

make it a do—it—yourself tool
Yes

Hatred is just a
feeling you can
sense.
It can be released using a simple, identical process.

You can release the desire to change
this vague feeling, and then it will
become clear.

Zhouzhou2021-01-11 22:52:52
After everything was released and all the procedures were completed, didn't you feel a mix of joy and sorrow ? (2021-01-11 22:53:05)
Only pleasure

If you feel sad, that's a feeling; it
can release feelings of pleasure or
release...
What happens after release? Will it bring more pleasure?

Elizabeth Zhang 2021-01-11 22:54:10

I've found that sometimes my thoughts and feelings aren't in sync. For example, I might think I want to control something, but after failing to let go, I realize I actually want to change something else. But this feeling is deeply hidden. It seems to require profound insight .

Wind 2021-01-11 22:54:08

unnecessary

If you add other things, you'll make this method highly complicated, and it will lose its effectiveness.

Do not do analysis

Elizabeth Zhang 2021-01-11 22:55:48

If we take the state of eating as an example

Wind 2021-01-11 22:50:50

Try to answer those questions intuitively and feel what you want.

Ask yourself if you want to control or accept your intuition.

Okay, allow yourself to become more aware of this urge to control and then ask yourself if you can let it go.

This process is complete.

Once you're familiar with releasing emotions, you can practice releasing desires. And once you're familiar with releasing desires, you can release them directly.

Desire is enough

If you want it, you just want it.

The desire for control is often accompanied by the feeling of exertion.

The desire for recognition means you want to be recognized, understood, praised, and loved...

These concepts are already quite simple, so don't try to explain a single concept's language shift with a series of other concepts. This won't give you an experience of freedom or lack thereof; experience it for yourself and analyze it.

It's just a game of the mind.

My guidance is very similar.

Remember the principles
The only steps required to complete the entire journey are six.

Using the original process, a workbook can
be used as an aid during the learning phase
to keep things simple.

Wang Jihong 2021-01-11 22:03:13
What happened after @FengYuyue was released ?

Wind 2021-01-11 22:03:24
More enjoyable
Wang Jihong 2021-01-11 22:03:46
Okay, thank you.

Mingkong2021-01-11 22:05:10
@Feng , is Yang Dingyi free? I've always wanted to ask but haven't dared to.

Wind 2021-01-11 22:05:31
Don't make me do this kind
of certification [grinning
face]. Whether it's
freedom or not, experience
it for yourself; it's
about allowing yourself to
feel it.

Ramanamahashi is free, as Lester often mentions, but his

method is not applicable; very few people on this planet

can use it.

Elizabeth Zhang 2021-01-11 22:09:37
Ramana's Personal Instructions (Part 1)
[https://mp.weixin.qq.com/s/Hz4TqOAPWiQBS9loEGVyLw]

Wind 2021-01-11 22:09:43
Before the advent of the liberation method, Kriya Yoga was the fastest way, which Yogananda called the " path of the airplane."
Those who have been released through legal means have all completed their own journeys.

The students who were always by
Lester's side didn't have freedom
because they developed a dependency.
This will hinder
its own progress;
the release method
is the rocket

path.

After seeing that Lester was about to awaken, Yugananda passed away.

March 7 , 1952
Lester Levenson (The
Sedona Method)
awakened in April 1952
with Avatar and
Givamukhtar .
Avatar is a person who has gained
complete freedom, not Suryakria.
The Kriya Yoga awakening of
Babaji in Yogacaranda was a
matter of complete free will.
In everything else, there is
no free will; only in this one
thing is there free will.

That is choosing to acknowledge your infinite existence, or to acknowledge your physical presence. (2021-01-11 23:16:15)

It is still necessary to release them before they can truly choose to identify.

gydx 2021-01-11 23:16:55

@Feng religions all claim to offer liberation, so why haven't these methods emerged within religious sects today?

Wind 2021-01-11 23:17:13

It does not depend on the form of religion

Buddha and Jesus are both great teachers.

Zaiyan 2021-01-11 23:18:04

Are they still in the causal plane?

Wind 2021-01-11 23:18:06

But after many generations, their later disciples did not pass on their teachings correctly. Lester will discuss these points in the video.

If you don't want freedom, even if you encounter the Liberation Method, you won't use it according to the six steps. Haier himself is a teacher and instructor of the Liberation Method.

On 2021-01-11 23:21:13

That means most people fall into this category.

Wind 2021-01-11 23:21:28

But he chose to follow his beliefs, altering the simpler process instead of continuing to release [the virus].

gydx 2021-01-11 23:21:56

@Fengna , is your desire for freedom predetermined by karma?

Wind 2021-01-11 23:22:05

Then mix in some things, and then mix in even more things to fill your mind with concepts.

This replaces the actual release to freedom; the

desire for freedom
transcends karma.
Anyone can make that decision at any time.

The release method works on the sensory level on January 11, 2021.

Wind 2021-01-11 23:24:35

The release method works on the level of sensation.
However, if you release yourself at the level of emotional categorization, clearing away one emotional category would require thousands of lifetimes of release. But if you release yourself at the level of the three basic desires, it only takes a month.

Because when you release a basic desire, all the emotions attached to it disappear. If you release a thought, it will continue for thousands of lifetimes, multiplied by thousands of lifetimes. This is so inefficient.

The true method of liberation is to release basic desires.
The desire for control, the desire for recognition, the desire for safety/survival (fear of death)

hai 2021-01-11 23:27:17
This is what really bothers me: why do I still want to cry after releasing my urges? This emotion shouldn't just disappear.
Is that all?

Wind 2021-01-11 23:28:30
Continue to release
Current time: 2021-01-11 23:28:44
Losing a large sum of money in business leads to feelings of regret, frustration, and loss. Is it possible to see the underlying desire for security and then release that desire? @风

Wind 2021-01-11 23:24:35
Um

Elizabeth Zhang 2021-01-11 23:29:41
Today I tried something that made me exert more effort mentally. I wrote down the questions, over and over again, filling seven or eight large sheets of paper. I asked and answered them myself. I felt like I wasn't straining my brain as much anymore.

Wind 2021-01-11 23:30:39
No need to write

Elizabeth Zhang 2021-01-11 23:30:39
Self-dialogue

Wind 2021-01-11 23:30:52
This also counts as a change to the release process.
Because the release method
doesn't require any

self-dialogue, you can simply
face and release one feeling
at a time.
If everything comes out at once, it will naturally get out of control.

Xiaotang 2021-01-11 23:31:57
How is the target released?

Wind 2021-01-11 23:32:003
So don't rush to release it, just relax.

Feel and release one by one
Releasing your target is simple: release all your feelings about the target.

Xiaotang 2021-01-11 23:33:43
Is it also about control
and identification? Of
course.
If you want a sense of
security to emerge, then after
releasing control, you only
need to release three things:
the desire for control, the
desire for recognition, and
the desire for security—this
encompasses all feelings.

The desire for security stems from the underlying need for control and acceptance.

gydx 2021-01-11 23:35:16
@Wind , why don't you just go and release your desire for safety?

Wind 2021-01-11 23:35:16
Only when you release enough of your desire for
control and validation can you directly confront your
desire for security; otherwise, you will continue to
want to escape.
The desire for control and validation will continue to surface.

Current time: 2021-01-11 23:36:55
Is everything in the material world a
manifestation of consciousness using energy? (Feng,
2021-01-11 23:37:43)
The material world is merely a manifestation of thought.
All your thoughts, subconscious
thoughts plus conscious thoughts, will
make it easier to confront the desire
for security.

gydx 2021-01-11 23:39:34
@Wind is easier to refer to?

Wind 2021-01-11 23:39:55

It won't shrink back all at once. (Xiaotang, 2021-01-11 23:40:03)

@Wind , could you offer some advice on children's education from your perspective?

Wind 2021-01-11 23:40:04

The desire for safety is tinged with the fear of death.

Lester Levenson (The Sedona Method) gave advice.

A child should never be left to cry. It is not lung exercise. It's cruel to let a child cry without finding out What he wants and taking care of it. This taking care

of the needs of children would alleviate much of their in security in adulthood.

It's wrong to leave a child crying; that's not good for their lungs. It's cruel to let a child cry without checking what they need and taking care of it; this kind of care for a child's needs can greatly reduce their insecurity as adults.

Education today is a Total miseducation.
Today's education is completely wrong.

You take an infinite being and you try to jam rote stuff into him, stifling his capacity to evolve and be creative. You're also stifling his evolution.
If you take an infinite life form and try to force it to memorize things, you will stifle its ability to evolve and its creativity, and you will also stifle its evolution.

DO you have to teach a flower how to grow Beautiful? We should have the same attitude toward a child. We should allow the child to evolve naturally, to express his inner abilities.
When you look at it that way, you can see how confining our educational system is. Take the colleges. They tell you must learn to think for yourself. But if you think differently from the professors, you flunk.

Do you need to teach a flower how to grow beautiful? We should have the same attitude towards children. We should allow children to evolve naturally and express their inherent abilities. When you look at it from this perspective, you can see how narrow our education system is . Take universities, for example. They tell you that you must think for yourself, but if your ideas differ from those of the "professors," you will fail.

In my first term in college I was told Now that I'm in college I should think for myself." So I started doing it. The first two marking periods I flunked all the subjects where I had to think for myself.

During my first semester at university, I was told that now that I was in university, I should be able to think for myself, so I did. As a result, I failed all the subjects in the first two midterms that required me to think for myself.

I really struggled with it, until finally I asked one of the professors if he would allow me to see the exam papers of the others who got good marks.

I was really struggling internally, and finally I asked one of the professors if I could see the exam papers of other people who got high scores.

I read the mind discovered that they were giving him back exactly what he was telling us.
Then I saw the whole picture if I thought the way he thought, I was smart; if I didn't, I was dumb, even though he told me to think for myself.

After reading it, I realized they answered exactly as he had told us. Then I understood everything; if I thought the way he did, then I was intelligent; otherwise, I was dull-witted. Even though he had told me I should think for myself.

So it's not true that they want you to think for yourself; they want you to think the way they think.

So they don't really want you to think for yourself; they want you to think the way they think.

After that, it was Easy. kept excellent note sand made sure I always gave back the prof his ideas. With the least amount of studying, I got the best marks.
After that, everything was very simple. I took good notes and remembered to answer the professor's questions; with minimal effort, I got the highest score.

gydx 2021-01-11 23:41:31

Does "wind" refer to a stronger heart that desires security? You could say that.

gydx 2021-01-11 23:43:29

@Wind , is it easier to deal with the desire for control and recognition than the desire for security?

Wind 2021-01-11 23:43:45

Yes, because they are on the surface.
At any time, if you want to safely float to the surface, you release...
If you still have a lot of desire for control and validation on the surface, then release that desire.

Elizabeth Zhang 2021-01-11 23:45:30

Why is there still a feeling of love at the end, after releasing all feelings about the goal? What 's the difference between that and the feeling of already possessing ? Does having no feelings count as releasing all feelings? I often feel like I believe in possession, or rather, it seems like I've released all feelings. But I can't move forward. How should I guide myself?

Ask yourself if you want to feel like you already have it? Letting go isn't painful; it's simple and easy.

Pure love is your infinite
existence itself; once you
feel you possess it, you can
continue to release it.
If you're stuck here, you'll feel a sense of being trapped.
Do you feel this stuck feeling and want to change it?
Then release this very simple process that you want to
change.

Elizabeth Zhang 2021-01-11 23:48:24

What will happen if I release what's
stuck? Love? Or will I feel nothing at
all? (2021-01-11 23:48:28)

Yesterday afternoon at 2 PM, I suddenly wanted to test the manifestation of the game, thinking I would get at least 500 yuan before 6 PM.

Money, no matter the method, and then I made myself believe it, and saw the disbelief in my mind. At 7 p.m., there was no indication that I had received any money, but I felt at ease and not frustrated. Then I picked up my phone and was surprised to see that someone had "reasonably" sent me 500 yuan, no more, no less, exactly 500. I was very surprised at the time. Can this be explained?

Wind 2021-01-11 23:48:51
It's not that I "have no feeling"
I felt absolutely nothing, that's Nirvana.
nirvana
This is an ineffable,
eternal tranquility that
releases all your feelings
toward your goal.
Until the goal is achieved

Elizabeth Zhang 2021-01-11 23:50:51
"If you don't know the date, do you have to do it every day?"
Or is achieving a goal a feeling, not the day it happens?

Wind 2021-01-11 23:52:01
When you completely release your attachment to the target, you will feel that it is already yours; in fact, at this point, the target has already become yours.
It has appeared
When you completely release it, you will feel
complete possession, and your mind will no longer
revolve around it; you will naturally let go of it.
It will arrive soon.

hai 2021-01-11 23:52:48
How can one release the feeling of impossibility?

Wind 2021-01-11 23:48:28
Because the tower has already been
realized, it's just that the material
world is showing it late. The feeling of
impossibility is also a feeling.
Same process
The fastest way is to
release the three basic desires for a
beautiful life. (2021-01-11 23:54:04)

@The wind released my nearsightedness, and I felt like I couldn't feel anything anymore, but I still see objects blurry. What should I do next?

Wind 2021-01-11 23:54:23

How come I can't feel
anything at all? This is
the same question.
You can't possibly not feel anything.
Unless you are completely free,
you exist infinitely. "No feeling"
is also a kind of feeling.

Just let go of
the vague
feeling.

Beautiful Life 2021-01-11 23:56:12
This is the hardest to release.

Wind 2021-01-11 23:56:29
Relax

Treat it as a simple feeling to release.

hai 2021-01-11 23:56:47
Is it possible to release the urge to control this feeling of impossibility? Perhaps this is a way to release it.

Wind 2021-01-11 23:57:57
You can release it like this when it's stuck.

gydx 2021-01-11 00:00:26
@Is the desire for control and validation easier to
confront than the desire for security? Yes, because they
are more superficial.
@Why is it easier to deal with
the wind on the surface?
Because you only need to allow
it to surface.

Zaiyan 2021-01-12 00:02:14
It's late, and since everyone is okay, let the teacher rest.

gydx 2021-01-12 00:02:16
So why has my life been all about wanting safety? @Wind

Wind 2021-01-12 00:02:53
Some you may not have recognized
Wanting to control means you want things
to happen the way you want them to.
Wanting validation means you want others
to approve of you.
gydx 2021-01-12 00:04:55

@wind Okay, thank you so much for your hard work in explaining. It's getting late, teacher, 早you should get some rest .

on January 12, 2021 requires no additional steps.

Wind 2021-01-12 22:07:12

Relax

Relax, keep your body relaxed, and practice simply.

Yellow 2021-01-12 22:07:23
Is my obstacle not being relaxed enough? (Wind, 2021-01-12 22:07:50)
The practice release method requires no additional steps or procedures outside of the prescribed steps.
Yellow 2021-01-12 22:08:43
I didn't mean to exhale. [Bitter] Wind 2021-01-12 22:09:27
Habit
The way to change a habit is to notice it, then relax and keep it simple. It took me a long time to find that feeling of release for the first time.
The release method is suitable for everyone. Simply practice, and you'll get it.
It took me a long time to find that sense of release because I had analyzed too much.
The less you analyze, the more relaxed you are, and the more you just use it; the faster you'll learn. Try it!
[Chat Log]
I'll share the simplest way to relax.
You don't need to feel everything at once; feeling only a part is enough to release it.

January 13, 2020: The release method is suitable for everyone. Simply practice, and you'll get it.

Wind 2020-01-13 08:58
It took me a long time to find that feeling of release for the first time.
Release techniques are suitable for

everyone.
Simply practice, and you'll get it.
It took me a long time to find that
sense of release because I had analyzed
too much.
The less you analyze, the more relaxed you are,
and the more you just use it; the faster you'll
learn. Try it!

Wind 2020-01-13 09:04

WHAT [AMI and Kaze's chat history]

【

WHAT AMI: Those people in the videos, just as you said, when they first learn to release their desires, it all disappears as soon as they become aware of it. Feng: When you first start learning to release desires, you can start by tracing back to your emotions.

Wind: This is also part of the course design...

】

Wind 2020-01-13 09:04

I'll share the simplest way to relax. You don't need to feel everything at once; feeling only a part is enough to release it.

2021-01-17 Wind and Nature — When you are at your peak , it means you still have corresponding negative emotions deep inside.

Tiancheng 2021-01-17 09:09:30

Clearing away the agflap means clearing away the karma of the material world, right? And what about the remaining cap, which represents the karma of the astral body and the causal body?

Wind 2021-01-17 09:10:16

Not at all

Tiancheng 2021-01-17 09:10:31

What was it like? (Wind, 2021-01-17 09:10:34)

cap is the natural karma of pleasurable experience 2021-01-17 09:11:07

Where should we go to cleanse ourselves of the karma of the material world?

Tiancheng 2021-01-17 09:11:27

Could you please answer this question?

Wind 2021-01-17 09:12:01

The problem is that Lester Levenson (The Sedona Method) often says to release agflap, but doesn't say to release cap.

Tiancheng 2021-01-17 09:12:29

Why would someone say that ? (Wind, 2021-01-17 09:12:29)

Because cap represents so-called positive emotions such as fearlessness, acceptance, and calmness.

cap will eat agflap

In fearlessness, you will naturally tend to take good actions; in acceptance, you will embrace the original harmony and perfection.

Tiancheng 2021-01-17 09:13:48

What is mastering your mind? It's simply removing your agflap. Then you truly control your mind; you can act out any feeling, and any action you choose is taken without any hesitation.

Wind 2021-01-17 09:14:33

However, when you reach the cap , you won't remove all the agflap.

Tiancheng 2021-01-17 09:14:34

Here Lester says that by eliminating agflap, one can dominate the mind. At that point, is the mind still intact?

Wind 2021-01-17 09:14:57

You must release the desire for control and identification in order to remove all agflap.

Release the fear of death

This is similar to what many people have asked: why did Cap release

Tiancheng on 2021-01-17 at 09:15:51?

Only by releasing the fear of death can one cleanse the entire mind. (2021-01-17 09:16:12)

Because it's not the top, and "cap" is relative , don't misunderstand that.

Tiancheng 2021-01-17 09:16:48

Is it true that only by releasing the fear of death can one cleanse the entire mind? (Wind, 2021-01-17 09:16:51)

It doesn't mean that you remove agflap , reach a certain stage, and then remove cap.

Even if you reach the cap, you won't completely eliminate agflap until you release the three major desires.

Because cap is what is called a good feeling.

Good feelings correspond to bad feelings.

When you try to control a good feeling, you develop fear—the fear of losing it. When you want more, you develop craving—the desire to acquire more good feelings.

If it doesn't reach the top, agflap will continue to evolve.

Unless you reach the Samadhi of "Nabhikpa" and make infinite existence your eternal identity , you will no longer develop agflap.

Tiancheng 2021-01-17 09:19:41

Can one reach the "Nabhikpa" samadhi by releasing enough desire for control and identification?

Wind 2021-01-17 09:19:51

It also requires releasing the fear of death.

Tiancheng 2021-01-17 09:20:16

To reach the "Nebikapa" samadhi, one must release and touch upon a deeper level of separation.

Wind 2021-01-17 09:20:16

Release the sense of separation between you and this body.

At the moment you release, you will

attain Samadhi because you have

accepted infinite existence.

Tiancheng 2021-01-17 09:26:13

Is this statement

correct? (Posted by Feng on

2021-01-17 09:27:15)

Being at the cap only means that your current emotional state has reached its peak.

You could say that once

you've cleared out a certain amount of

junk data, it's considered clear.

(2021-01-17 09:37:43)

Tiancheng 2021-01-17 09:37:59

Is your answer here 1 or 2?

Wind 2021-01-17 09:38:35

It's a question from a higher level.

Because you misunderstood Lester Levenson (The Sedona Method) 's words

You divided it into two stages, "dominating the mind" and "purifying the mind," but that's not what Lester meant.

Tiancheng 2021-01-17 09:39:54

What does Lester Levenson (The Sedona Method) mean ? (2021-01-17 09:40:11)

It's not that complicated.

Release the three major desires and clear away all agflap.
That way you'll be free. Freedom
allows you to control your mind,
eliminate all agflaps , and achieve
a state of perfect tranquility.
Caps alone are not enough.

When you're at your peak , it means you still have corresponding negative emotions deep inside. However, in your peak state, you're more capable of digging deeper (digging). (Down) to release those very deep feelings

Released while playing mahjong on February 3, 2021

Wind 2021-02-03 11:55:31
Try to relax and see.
Bethlehem Star 2021-02-03 11:55:43
OK
Wind 2021-02-03 11:56:01
There's no need to make it obvious before releasing it. If you find the act of releasing extremely painful, then of course you won't want to release. (Bethlehem Star 2021-02-03 11:57:02)
Too
Wind 2021-02-03 11:57:03
Approach it with a slightly exploratory and relaxed mindset, see what happens after you ask the question, don't be so distressed [laughs]
Releasing is not doing homework
Bethlehem Star 2021-02-03 11:57:42
You really know me.
[Laughing][Laughing]
Okay, I'll try to lighten things up. (2021-02-03 11:58:48)
For example, a group of people sitting at a table playing mahjong
You pick up a card with one hand and casually say, "Oh, I see. How about a Cadillac?" Hmm, that seems a bit impossible.
Do they want control or approval? It seems they want approval.
Can we let it

go? It seems so.
again —it seems much
easier now, has my
Cadillac arrived?
Damn, we're not there yet!
Is this a desire for
control and validation?
Just let it all out like
this [crying emoji]
You can get a Cadillac while playing

mahjong. (Bethlehem Star, 2021-02-03 12:01:40)

I relearned

Wind 2021-02-03 12:01:44

After you finished playing
mahjong and felt relieved
enough, you went outside and
saw a Cadillac parked at the
door.

Before completely releasing one's mind on February 3, 2021 , there will be a preview of infinite existence.

Wind 2021-02-03 17:47:20

Before you completely release your mind, you will have a preview of infinite existence.
In other words, although you haven't completely released the entire mental process, there will be moments when the mind retreats to the background. At these times, your mind is completely still, temporarily.
So at this moment you can experience the
infinite existence, have a preview of it, which
can greatly increase your yearning for freedom.
Because you'll find that whatever you gain in this world can't compare to even a fraction of that happiness. Every moment in this world feels like torture compared to that state.
Your release after this will be different.

I'm referring to the "Nebikapa" Samadhi.
If you reach the "Sabikkapa" Samadhi, the experience is actually the same as the "Nebikapa" Samadhi.

of

They all came into contact
with infinite existence,
but the seed still works.
Even though you know that state exists, the world still holds an allure for you.
But the moment you reach the "Nabhikāva" samadhi, those seeds suddenly lose their power and then begin to release, becoming very different.
Every decision you make
naturally leads to
liberation and you just
can't stop.

Moreover, they will
frequently enter
Samadhi and
frequently come into
contact with
infinity.
Each time will take away a lot of your desires

Xiaoli 2021-02-23 17:48:12

Tearing away the veil of the Maya is to gain insight into the mysteries of creation. Those yogis who reveal the universe in this way are the true and only monotheists. Everyone else is merely idol worshipper. As long as man remains in the illusion of surrendering to the duality of nature, the two-faced Maya remains his goddess; he cannot know the true, one God. This illusion of the world, the Maya, is also called ″ avidya ″ (meaning ″non-knowledgeable″), ignorance, delusion. The Maya, or avidya, cannot be destroyed by rational belief or analysis ; it can only be achieved through the inner state of ″Nabikkapa Samadhi.″ The prophets of the Old Testament, and all prophets in all places and ages, prophesied in this state.

Wind 2021-02-23 17:48:50

Belief implantation is completely ineffective.

February 4, 2021 Step Six is not just about pleasure; what I want to express is that it also involves a more relaxed and unrestricted experience.

Listening to the Cicadas in the Evening Breeze 2020-12-04 13:30:46

I realized I was stuck on the proper physical sensation of releasing energy. Teacher Feng said that the correct way to release energy is to feel the energy dissipate or leave Annie's chest, but I stubbornly wanted that feeling of release.

Xiaoli 2020-12-04 13:34:39

Oh, the correct release. Verify it using step six.

Step six involves more than just pleasure . Don't focus on the dissipation and departure of energy; this physical sensation is the key to verifying the release using step six.

Lightly Dancing Wind 2020-12-04 15:06:36

@-Is it necessary to emphasize pleasure after release? Xiaoli 2020-12-04 15:48:58

You need to clearly verify up to step six, and you'll find that releasing is very simple; otherwise, your mind will think that what you're releasing is correct.

That's when you've truly learned to let go.

If step six is not verified, then step three out of the six steps is actually not enabled.

ZOEY 2020-12-04 16:44:52

The more you practice this technique, the more you will gain. You won't always feel release immediately. Sometimes you might be practicing the technique, knowing something is happening, but you're not sure what it is. In fact, about a year ago, a student who attended the course practiced for a long time, but the last thing she shared at the end of the course was: "I still haven't successfully released even once. However, I hadn't slept well for twenty years, but after the first day of the course, I slept well." Then she gradually gained other benefits and received all the benefits of the course. So if you're unsure whether you're releasing, just keep practicing. Because you might not be aware of every release, but as long as you continue practicing the technique, it will become easier and

easier until you are certain you are releasing.

So if you're unsure whether you're releasing, just keep doing it. You might not be aware of each release, but as you continue practicing this technique, it will become easier and easier until you're sure you're releasing.

--For friends who have questions

Lightly Dancing Wind 2020-12-04 16:48:45

> I'm wondering about the sense of pleasure each time, as mentioned in the group chat, so I'm wondering if the progress is too slow, or if there's a lack of release.

Not very thorough

Xiaoli 2020-12-04 17:11:03

The sixth step is not just about pleasure. What I want to express is that it also involves greater ease and freedom from limitations. I stumbled on the feeling of pleasure before, only feeling peace and greater ease and freedom from limitations. Later I realized that this was also the sixth step, but at that time I only remembered pleasure.

Step 6: Each time you release, you feel more joyful, relaxed, and free from limitations. With each release, you will feel increasingly joyful, relaxed, and free from limitations.

February 22, 2021 : Let go of the present moment; no coercion is needed.

Wind 2021-02-22 14:00:23

During the release process, your mind is hindering you. Its content, your preconceived notions, even your thought about how long it will take to release—this very thought is hindering you. Just focus on this one release; don't presuppose that you can release everything in one go, or how many times you need to release everything. Just release, and see what happens. Don't rush; enjoy each release. Keep using the release process. What you find difficult to release is your mind telling you it's difficult. Ignore your mind, just use the process. What you find simple, insignificant, and therefore ignore is your mind telling you it's insignificant—ignore that too, just use the process. Sometimes you see a feeling, and you feel it's not the main one. You desperately want to release the main one, want it to end quickly. You suppress the feeling that's surfacing, but that's very important. Your mind's judgment that this isn't important and that is more important is unfounded. What's surfacing is what's important. If you suppress it, you're living in your mind. You're using your mind to presuppose what you need to release, including how many times and how long. When you truly release, you don't need to do this; reserve the possibility of releasing everything in one go.

Question asked on 2021-02-22 14:05:17

What about the physical sensations? Will they disappear later? Will they get better when I reach the cap stage? Am I going to be unfree forever? (Feng, 2021-02-22 14:05:41)

How do you feel about your body? Do you want to control it? Do you want to change

it? Just release it. If your body is bothering you, release that bothering feeling. Use release to solve the problem.

Question asked on 2021-02-22 14:06:12

I do want them to leave; I want change. (Wind, 2021-02-22 14:06:24)

A few releases can completely break a long-standing habit. Can you imagine? But often, it's like that—it happens within minutes, not a prolonged stalemate.

Question asked on 2021-02-22 14:06:47

I intended it to be a long time, not just a few minutes. Another group member said this on 2021-02-22 at 14:06:57.

I can now imagine that, as long as the release is performed according to the procedure and the method is correct, even a single release can be very powerful.

Even more so in a few minutes.

Wind 2021-02-22 14:07:21

You see, it's only a few minutes in the 1992 video.

Q: Sometimes I feel that a few minutes is too long, and I want to finish it all at once. (Feng, 2021-02-22 14:07:30)

If it takes too long, it's because you're anxious and suppressing your feelings, not releasing them. You're trying to prevent them from surfacing.

Question asked on 2021-02-22 14:07:45

How should I process this feeling of oppression? Should I start with relaxation? (Feng, 2021-02-22 14:08:27)

Relax, then pay attention to the most superficial feeling. Ask it directly what it is. Don't wait, dig, or search for a particular feeling. If you can't identify it, it's because you're trying to control it. Don't try to pinpoint it precisely. Just answer intuitively, feel it. Don't try to maintain the habit of releasing. Just consciously release in this moment, don't try to maintain it continuously. Consciously release once, then consciously release again—that's continuity. It's not about mentally emphasizing a continuous concept. Those intensive courses that constantly preach continuous release and hype are just superficial release, mentally holding onto the concept of continuity . This mental imagery isn't true continuity; it's just an attempt to control. You can't be forced into freedom; freedom is the choice of free will, not the urging or coercion of the environment. Because your environment is created by your mind. Release in this moment, without any coercion, and then continuously choose to release—that's the decision.

Shouting slogans is useless; remaining in the mind and chanting slogans with a group of people is even more useless. Collective unconsciousness is like the unconscious action of an ant colony. Independence is not about behaving differently, but about recognizing one's full responsibility. Recognizing that only oneself can decide between freedom and unfreedom. The mind is familiar, so you remain in the mind. Don't turn continuous release into a mental activity. Because the mind is familiar, it's easy to turn release into a mental activity as well. Every release brings something new, broadening your mind. Don't approach it with a habitual attitude. Treat each release as the first time, and see what happens. For each feeling, simply treat it as a feeling, face it, don't overthink it. If external confirmation finds no change, then you immediately have the feeling to release.

February 28, 2020: Seeing good methods and immediately thinking about teaching, sharing, and developing courses is all futile.

Minnie 2020-02-28 12:28:38

Didn't you disband the group? Why are you creating a new one?

Wind 2020-02-28 12:42:26

useless work

Those who see good methods and immediately think of teaching, sharing, and developing courses are wasting their time. They're too eager to talk about freedom, awakening, and masters, rather than about letting go. Yesterday he begged for my help, which really meant he wanted me to give him something to escape from, but I didn't respond.

He then started creating mischievous content in the group chat but didn't continue releasing anything.

Wind 2020-02-28 12:48:59

[Chat Log Between Wind and Nature]

【

Tiancheng: Teacher Feng, I know you're omnipresent now. Tiancheng: I hope you can help me.

Tiancheng: I hope to get your help.

Tiancheng: Teacher Feng, I need your help.

】

Four consecutive

In a state of
grief I am Infinite
2020-02-28 12:50:05
@Wind, will there be many organizations promoting the original release method in the future? Wind 2020-02-28 12:50:21
There will be some, but they'll be wasted effort.
Teaching this, if done incorrectly,
carries the risk of incurring negative
karma. So many people are willing to do
things that put them on the edge of a
"lake of fire."

March 11, 2021: Venerable Krianandа, are you free?

Tiancheng 2021-03-11 00:12:56
Venerable Krianandа, are you free? (Posted by Wind, 2021-03-11 00:13:28)
No
Tiancheng 2021-03-11 00:13:40
Has the preflow been reached?
"Nybikapa" Samadhi?

Wind 2021-03-11 00:13:49
No
Like Stephen ,
naturally gifted 2021-03-11
00:14:03
Why?
(Wind , 2021-03-11)
00:14:12
That's hard to say.
I also want to know why
I suspect Lester Levenson (
The Sedona Method) and Yugananda also
want to know ... (2021-03-11 00:14:29)
Why is it so difficult
to be around a master ? (2021-03-11
00:14:51)
It's difficult to break free from the
influence of a master, because the dependence on them for
development is very strong . (2021-03-11 00:14:58)
This is why masters choose
to leave while keeping
their disciples behind.
Tiancheng 2021-03-11 00:15:17
Lester said in the video, "kill" your master
Is it because
of worship? (Wind,
2021-03-11 00:16:21)
I have given my strength to the Guru.
It's not wrong to think that
the guru is an infinite being,
but infinite existence is
always within.
Tiancheng 2021-03-11 00:17:14
Um

2021-03-11 "Wind" is already a Jivan Mukhtar

Tiancheng 2021-03-11 11:47:46
Teacher Feng
He said you've entered
Samadhi, can you tell

me what happened?

Wind 2021-03-11 11:49:20

He was just saying that I had already entered the ultimate state of freedom. (2021-03-11 11:49:50)

So, you're now a Jivanmukhta? (Wind, 2021-03-11 11:49:59)

Um

Tiancheng 2021-03-11 11:50:04

(Oo)

Wow, I bow to the Master

Wind 2021-03-11 11:50:17

come on
Tiancheng 2021-03-11 11:50:23
So, you cancelled that
agreement? (Feng, 2021-03-11 11:50:42)
Just treat me as a
friend. I've
cancelled the
agreement.
However, I won't teach for long.
Because there's nothing to
teach. (Tiancheng, 2021-03-11 11:51:15)
Thank you, teacher.
You are indeed my teacher.

2021-03-11 Wind and Nature — The reason you don't release your feelings is that you're afraid of losing them, you're afraid of dying, but in reality you won't.

Tiancheng 2021-03-11 12:59:06
Teacher Feng
I see you confirmed the six
steps on October 18th. When
exactly did you achieve the
pre-flow? Before the 18th ?
Wind 2021-03-11 13:00:11
I won't say on what day I achieved pre-flow or
what day I was completely free from
preventative withdrawal.
Tiancheng 2021-03-11 13:01:19
Did you reach your destination
in the Himalayas? (Posted by Feng,
2021-03-11 13:01:32)
I'm Tiancheng, who went to
the Himalayas after gaining freedom.
(2021-03-11 13:01:56)
In Wuhan?
(Posted on March 11,
2021) 13:02:07
I won't say that my

focus on where I am free
is wrong.
Let me emphasize
one key point:
Don't be afraid
of freedom.
Lester often told his students, "Don't
be afraid of freedom ." Why?
Almost everyone who uses the release method but
doesn't push it to the extreme fears freedom, from
Lester's time to the present.
The reason you don't release it is because you're afraid of losing your feelings, you're afraid of dying, but in reality, you won't, Lester repeatedly emphasizes.
You won't lose anything, you'll only lose your pain.

2021-03-11 When you avoid looking inward, you'll resort to pranks.

Wind 2020-03-11 13:07:00

You go and do those things, you seek help from "masters" outside.
You should know that what you've been doing, while
seemingly related to freedom, is actually just
procrastination, including compiling information about
me.

Tiancheng 2020-03-11 13:07:57

That's right.

Wind 2020-03-11 13:08:00

Including sharing
When you avoid looking
inward, you'll go to
extremes and do
everything—except release.
Your mind will tell you what is good for
freedom, or what is good for the world. (2020-03-11
13:09:17)

But that's just to stop
you from releasing. (Tiancheng,
2020-03-11 13:09:30)

Yes, the wind
has stopped. (2020-03-11
13:09:35)

As long as you stop releasing, whatever
you do will be in the opposite direction.
I keep emphasizing this point.
Talking about freedom
won't make you naturally free.
(2020-03-11 13:09:55)

I struggled a lot while organizing the content of
Master Yogananda and yours. (2020-03-11 13:09:56)

Only through
sustained release can
true success be achieved.
(2020-03-11 13:10:07)

Um

What does
"playing around" mean?

(Feng, 2020-03-11 13:10:32)
A popular
term is "to
stir up
trouble".

Tiancheng 2020-03-11 13:10:56
Yes,
that's
what I'm
doing—run
ning away.

Wind 2020-03-11 13:11:39
I can remind you now
But ultimately, do you
have to remind yourself
of the six steps?

Tiancheng 2020-03-11 13:12:10
Um

Tiancheng 2020-03-11 13:13:50

I want to ask
Did Lester
Levenson (The
Sedona Method)
mention that he
knew I was joking
around?
Wind 2020-03-11 13:14:37
Do you want Lester
Levenson (The Sedona Method) to
talk about you? (Tiancheng,
2020-03-11 13:14:46)
some
I hope the master
can follow me . (2020-03-11
13:15:06)
In fact, when you seek help from others, you should know that you are in a state of distress. (2020-03-11 13:15:24)
You are a
master in yourself .
(2020-03-11 13:15:35)
Um

Tiancheng 2021-03-11 13:15:48
Has anyone else secured a
pre-contract deal? (Tiancheng, 2021-03-11
13:15:56)
Roller do it?
(Wind, 2021-03-11 13:15:59)
No
He stopped.
Tiancheng 2021-03-11 13:16:14
Did he achieve his
goal? (Feng, 2021-03-11
13:16:17)
No
He misunderstood himself and lied to others about his freedom, which obscured his awareness.
He will likely never achieve freedom in his life.

Wind 2021-03-11 13:16:54

This causes it to obscure awareness.

He will likely never achieve freedom in his life.

Tiancheng 2021-03-11 13:17:10

Has he reached a high place? (Wind, 2021-03-11 13:17:17)

It wasn't too high either.

Did not achieve the accomplishments of the previous life

2021-03-11 Wind and Nature — Even if you don't release that tendency, you will still share it.

Tiancheng 2021-3-11 13:28:01

Teacher Feng, I'm not going to share anymore. I just disbanded that new group. I'm going to actually do it. (Wind, 2021-03-11 13:29:49)

I will not instruct you on your actions because actions are simply actions.

If you don't release that tendency, you'll still share it again. [laughs]

Wind 2021-3-11 13:31:09

Roller went to stay up all night forcing himself, leaving groups, and chanting slogans, but that was useless because it was an attempt to eliminate karma through action. This merely creates new karma; only releasing it is truly beneficial. If you don't release it, your program will keep driving you to do those things. Therefore, don't think that any action you take will bring you freedom. Deliberate action, deliberate inaction. None of those are things to pay attention to.

(Tiancheng, 2021-03-11 13:33:10)

Um

2021-03-11 Fake gurus profit by disguising themselves and need to conceal their true awareness.

Tiancheng 2021-03-11 15:05:05

Teacher Feng, what does this mean? (Feng, 2021-03-11 15:05:36)

According to the order of karmic retribution, there is one called garukakamma.

That is, heavy industry

This is a very strong karma that will inevitably lead to rebirth in the next life. No other karma can stop it; it will terminate the effect of wholesome karma, including the wholesome karma of jhana.

Tiancheng 2021-03-11 15:06:53

Roller cause these serious consequences because of his actions? (Wind, 2021-03-11 15:08:06)

First, you need to come up with an idea. (Tiancheng, 2021-03-11 15:08:10)

Can the release method release this karma? (Feng, 2021-03-11 15:08:12)

A corresponding emotion
needs to be generated.
Everyone originally had a
clear consciousness.
This clear awareness is inherent in everyone.
If you want to cover this up, you need to generate a strong sense of indifference.
This intense indifference overshadows one's
clear inner consciousness or intuition,
allowing one to refrain from experiencing that
pain when committing grand falsehoods.
And the more you do this in action, the
more you need to strengthen this coverage. (2021-03-11 15:10:13)

It means reincarnation.
The release method can release anything.
However, there are some
conditions for using the
release method; for example,
a person in a vegetative
state cannot consciously
release the virus.
Extreme concealment is like cutting off
your own hand without feeling the pain;
only heavy karma can cause this result.

Wind 2021-03-11 15:12:16

This is why, when King Ajatasatru listened to the Buddha's discourse on the *Shramana Sutra*, although he possessed all the conditions for attaining the first stage of enlightenment (Sotapanna), he could not attain the fruit of Sotapanna, because he had previously killed his father, King Bimbisara.

Tiancheng 2021-03-11 15:12:30

So, lying about being awakened is a very
heavy burden of karma? (Feng, 2021-03-11 15:12:52)

He can still manage some superficial release, but once he tries to release more deeply, that barrier creates an insurmountable barrier.

Resistance

Yes,
that's
a
serious
lie,

and it's not easy to commit such a grave offense with wrong views.

What types of industries are specifically referred to as "heavy industry"?

Wind 2021-3-11 15:16:02

I generally don't recommend people pay for instruction in release techniques because it's risky.

Tiancheng 2021-3-11 15:16:24

Is this also considered a serious business?

(Posted by Feng on 2021-03-11 15:16:30)

This is not a serious matter.

However, it carries certain risks.

Wind 2021-03-11 15:16:53

The wholesome karma within the heavy karma refers to the unwholesome karma within the heavy karma of meditation, specifically the five types.

Parricide, matricide, schism within the Sangha, causing the Buddha to bleed, killing an Arhat, plus one more thing: unalterable heresy.

Wrong views are incorrect opinions, and everyone has them.

Wind 2021-03-11 15:18:15
However, when it is driven by slow growth, it may develop into something inherently malicious. (2021-3-11 15:18:23)
What are the risks?

Wind 2021-03-11 15:19:05
Fake gurus profit by pretending.
This requires an unchangeable wrong view to support it, which in turn requires obscuring one's own awareness.
Otherwise it would be very painful and impossible to complete the action.

Tiancheng 2021-03-11 15:28:03
Were so many of the Buddha's scriptures, such as the Lotus Sutra, spoken by the Buddha? (Feng, 2021-03-11 15:28:12)
no
Tiancheng 2021-03-11 15:28:27
The Surangama Sutra?
(Posted by Feng on 2021-03-11) 15:28:33
Its assembly process was very long .
(2021-03-11 15:28:36)
Diamond Sutra?
My God!
Wind 2021-03-11 15:28:42
Only the Agamas are original.
However, the Agamas were also modified by various schools of Buddhism. (Tiancheng, 2021-03-11 15:28:56)
Are only the Agamas spoken by the Buddha? (Feng, 2021-03-11 15:29:16)
With the additions and rearrangements of the

commentators, I feel
as if I have returned
to the time of the
Buddha.
Witnessing the
magnificent scene of the Buddha
preaching (2021-03-11 15:30:38)
Was it watched with Master Babaji in
the Himalayas? (Feng, 2021-03-11 15:30:44)
no
Before that
I took a long journey through time and space.

Tiancheng 2021-03-11 15:32:39
I know that I need to follow the six steps.
But I found that my actual
situation didn't allow me to do what
Feng did. (2021-03-11 15:32:57)

Nothing is
impossible when
implementing the
six steps; it's
simple, but
maintaining limits
is difficult.
See the feeling, let it go.
This is what it feels
like to clear away all
the feelings that drive
your thinking.

Wind 2021-03-11 15:35:33
May I ask you why you
cancelled the agreement? No
reason.
Wind 2021-03-11 15:36:05
After you are free, you no longer
need to live for cause and effect.
After you are free, life has just
begun.
Wind 2021-03-11 15:36:33
Is the causal relationship
mentioned here the same as that agreement?
(Feng, 2021-03-11 15:36:39)
Before this, you lived mechanically within purpose and
obstacles; after becoming free within cause and effect,
everything becomes a decision made in the present moment.
Instead of relying
on past customs, 2021-03-11
15:37:10
Is that agreement just
a past practice? (Feng, 2021-03-11
15:37:19)
What I mean is,
there's no reason why ...
(2021-03-11 15:37:35)
Um
Wind 2021-03-11 15:37:38
A person who is completely

liberated acts without any
reason.

Wind 2021-03-11 15:37:56
Only work?

Wind 2021-03-11 15:37:57
But it is the only action
that can best help everyone,
that's all.
No motive is needed, therefore no causal relationship is needed in the causal realm .

(2021-03-11 15:38:40)
Um

Tiancheng 2021-03-11 15:49:39
You said that you could reach the sustained release of "Nabhikpa" samadhi in a week.

Wind 2021-03-11 15:49:49
enough

Tiancheng 2021-03-11 18:33:02

Can it really be done in a month by following these six steps? (Posted by Feng, 2021-03-11 18:33:42)

Of cour se, keep goin g!

Wind 2020-03-11 16:11:56

Before the Second Coming of Jesus, there was an era in which false prophets frequently appeared; this was a product of people's collective consciousness. After a nuclear war and before the Second Coming of Jesus, various false masters will appear; those who claim to be popular teachers are all false masters. These are all prophecies in the Bible, representing the predetermined future.

Wind 2020-03-11 16:35:35

Mark 13:21-23 Matthew 24:23-26 "Then if anyone says to you , 'Here is the Christ,' or 'There the Christ,' do not believe them. For false Christs and false prophets will appear and perform great signs and wonders, which would deceive even the elect, if it were possible . See, I have told you beforehand. If anyone says to you, 'Here the Christ is in the wilderness,' do not go out, or 'Here the Christ is in the inner rooms,' do not believe them!"

2021-03-11 Wind and Nature — Hiccups are just a sensation; they are the result.

Tiancheng 2021-03-11 23:07:52

I just realized I've made some progress. (Tiancheng, 2021-03-11 23:08:19)

This time I didn't pay

much attention to my body's reactions; I only used step six to verify.

Wind 2021-03-11 23:08:40

Okay, that works. (Tiancheng, 2021-03-11 23:08:46)

No matter how loud the hiccups are, I don't care. Are hiccups actually a way of releasing karma?

Wind 2021-03-11 23:09:47

It's just a physical sensation; it's the result.

Tiancheng 2021-03-11 23:10:13

Is physical sensation unrelated to release? Is it not expression?

Wind 2021-03-11 23:10:34

Physical sensations and release are unrelated . (2021-03-11 23:10:41)

It was
merely a natural outcome.
(2021-03-11 23:10:51)
Because I don't
usually hiccup,
but I start
hiccuping
noticeably as soon
as I release
something.
Wind 2021-03-11 23:11:15
It's just the result.
You created that image
in your mind, and then
it happened.
It has nothing
to do with the release
itself. (Tiancheng,
2021-03-11 23:11:47)
good

2021-03-11 Wind and Sky — Will I lose my family after gaining freedom?

Tiancheng 2021-03-11 23:18:18
Do you still keep in
touch with your family? (Posted by
Feng on 2021-03-11 23:18:31)
No
Tiancheng 2021-03-11 23:18:48
Could you tell me how you
handled this situation? (Wind, 2021-03-11
23:18:57)
No processing required
Tiancheng 2021-03-11 23:19:10
I'm a little afraid that I'll lose my
family after I'm free, that's why I asked you this
question . (2021-03-11 23:19:18)
Actually, no.
Tiancheng 2021-03-11 23:19:50
The masters of today,

after gaining their freedom, have all gone into seclusion. (2021-03-11 23:20:06)

There's a kind of seclusion called "homey living" (2021-03-11 23:20:11)

Living an ordinary life. (Tiancheng, 2021-03-11 23:20:27)

Um

Freedom does not mean losing anything

All I lost after gaining freedom was my pain.

Tiancheng 2021-03-11 23:23:57

Are the many worlds described by the Buddha, such as Amitabha Buddha's world, the realm of stars? Or the realm of cause and effect?

Wind 2021-03-11 23:24:11

The Buddha did not speak of the Amitabha Sutra.

Tiancheng 2021-03-11 23:24:16
ah
Wind 2021-03-11 23:24:27
That was a later Mahayana Buddhist scripture, created naturally. (2021-03-11 23:24:31)
So, Amitabha Buddha doesn't exist? (Feng, 2021-03-11 23:24:38)
Classics after the factional split
It is already very far from the time of the Buddha.
The Buddha spoke of the Four Noble Truths and the Eightfold Path solely in relation to the Twelve Links of Dependent Origination and the Seven Factors of Enlightenment.
They only discuss the path to the cessation of suffering and the method for achieving freedom, without discussing other knowledge.
Including philosophy and the myriad worlds, etc., naturally formed. 2021-03-11 23:26:04
Um, teacher, was that Vimalakirti a master? The one in the Vimalakirti Sutra?

Tiancheng 2021-03-11 23:59:18
Can you know my every thought right now? (Wind, 2021-03-11 23:59:50)
I can know everyone's thoughts. (2021-03-12 00:00:10)
However, I put in a lot of effort to calm myself down. (2021-03-12 00:00:21)
To conduct effective communication

on March 12, 2021 , release the card you want to control; don't try to resolve the card issue.

Tiancheng 2021-03-12 18:51:37

Today I actually tried
many times, and it kept
freezing.
I'll encourage myself to
do it again. Do it again.
Try it again.

Wind 2021-03-12 18:52:45

If you're stuck,
release the card you
want to control;
don't try to solve
the problem.

Tiancheng 2021-03-12 18:53:17

There is still no sense of clarity.
Release the card you want
to solve and control the wind

2021-03-12 18:53:36

Release your desire for clearer control

Tiancheng 2021-03-12 18:53:56

Only then did we realize that this was a more superficial attempt to control.

If you try to control your sense of clarity, you will continue to lack it. (2021-03-12 18:54:06)

That's simple, isn't it?

Release what you desire to control, and you will gain control . (2021-03-12 18:54:48)

I'll try again.

2021-03-13 Wind and Nature — About Lester Levenson (The Sedona Method)

Tiancheng 2021-03-13 00:49:34

Teacher, was the Buddha already free before he came? (2021-03-13 00:50:02)

Yes, it's veiled by an illusion.

Tiancheng 2021-03-13 00:50:18

You previously mentioned that he was the wind that found liberation in that lifetime. (2021-03-13 00:50:37)

He was already free before he arrived . (2021-03-13 00:51:42)

Do people who are already free still need to seek the Way after coming into the world?

Like the Buddha, kam , a Taiwanese master who uses the Buddha's method. He attained enlightenment on his own , abandoning the Pa Auk Sayadaw practice and observing the Twelve Links of Dependent Origination.

Wind 2021-03-13 00:52:08

Just showing you

At some point, the veil of illusion will automatically dissipate.

I told you in November , that Lester Levenson (The Sedona Method) and Buddha didn't have freedom before, was wrong.

Tiancheng 2021-03-13 00:53:33

Was Lester Levenson (The Sedona Method) already free before he arrived?

(Posted by Wind, 2021-03-13 00:53:43)

Lester Levenson (
The Sedona Method) Returns
More Than Once (2021-03-13
00:53:56)

Oh my
god! Wind 2021-03-13
00:54:16

He attained the state of "Nebikapa" samadhi
while I was his student. (2021-03-13 00:54:17)

Was he already Jivan
Mukhtar before he arrived?

When?
Wind 2021-03-13 00:54:52

Another point is that the Hindu traditional word Jivan Mukhtar can be used to describe the Sthāgata (Buddhist dharma) during the Song Dynasty.
The audio I translated also has a second half.
The second half is Lester saying he has a bad habit. Karma , and then the thing that comes back more than once.

I think knowing this is not beneficial to most people; in fact, it's often used as an excuse for not being able to do it.
Therefore, the latter half of the text was not translated. (Tiancheng, 2021-03-13 00:57:06)

Was that release technique created during Lester Levenson (The Sedona Method) 's lifetime? (Wind, 2021-03-13 00:57:15)

Yes
Lester Levenson (The Sedona Method) was a Zen master in that lifetime, practicing the Linji Zen style.
In this life, he recalled the state of "Nabhikpa" samadhi through the same meditation method, namely, focusing on the problem.
Then, from Samadhi, the method of liberation was discovered, leading to the end.

Tiancheng 2021-03-13 01:00:49

Lester Levenson (The Sedona Method) 's highest attainment in his previous life was the "Nebikapa" Samadhi? He doesn't seem to mention it in his autobiography.

Wind 2021-03-13 01:01:54

[2020-11-20 [Chat log from the group chat at 19:33:06]

【

Yes
This is why you shouldn't change anything.

You cannot change a method discovered in Samadhi with your mind. Changing the questioning process is the work of a master. No one who is not awakened can do this work.

】

Tiancheng 2021-03-13 01:06:06

Is achieving Samadhi through focused concentration a form of samadhi? (Posted by Feng, 2021-03-13 01:06:28)

For Lester Levenson (The Sedona Method) , it was the "Nebikapa" samadhi that could awaken him.

Of course, Lester Levenson (The Sedona Method) City has already reached the point where it was established on March 13, 2021 at 1:07:33 AM.

When you attain "Nebokappa" Samadhi, do you have the ability to discover the method? (2021-03-13 01:07:45)

He simply recalled it .

At that time I saw all 112 methods

Tiancheng
without omissions
2021-03-13 01:08:20
Were these methods all obtained by the master from Samadhi? (Wind, 2021-03-13 01:08:25)
Yes
No method invented through the mind is naturally achieved. (2021-03-13 01:08:37)
Is it possible to increase the nickname? (Posted by Feng on 2021-03-13 01:08:44)
It will not increase
The pathway will not increase . (Tiancheng, 2021-03-13 01:08:59)
Like Lester Levenson (The Sedona Method) , an additional release method was added.

Wind 2021-03-13 01:09:03
The specific operation method will be adjusted by the master, and no new Lester Levenson (The Sedona Method) has been added.
The release method was simply something that hadn't been revealed before. The reason I mention this is to tell you that methods similar to the release method are not the release method itself.
There are many methods that look similar to it.
Some might tell you that the Four Foundations of Mindfulness are a method of liberation; others might say that some ancient method is a

method of liberation; still
others might say that some
modern method is a method of
liberation.
But in fact, the release
method was being discovered for the first
time. (Tiancheng, 2021-03-13 01:12:36)
So, was the Release Law specifically
prepared for this era? (Feng, 2021-03-13 01:12:44)
Yes
Yugananda's departure after Lester's
full awakening marked the end of the
Guru 's era.
Lester can only help a small group of people; in this
era, only a very few will awaken, and those who possess
this method will have a chance.
This era will have many fake masters.
But in this era, only the method of liberation can lead to freedom.
Therefore, anyone who claims to have
achieved freedom through other means is a
fake master— I'm referring to those who
achieved freedom after 1970 .
after 1970 , aside from those who had already awakened in their
previous lives, can only achieve this through the Liberation
Method. And someone who has already awakened through other means
would recommend the Liberation Method to you.
Regardless of how he
awakened, because the master
knew everything.
Those still active and without freedom

All those who are free now are in seclusion until the Second Coming of Jesus; they are all guided by an inner plan to complete the same task, and therefore all are in seclusion.

Tiancheng 2021-03-13 01:33:29
Teacher Feng, why did you talk so much tonight ? (2021-03-13 01:36:16)
Because you will all experience low points.
When experiencing a low point, it's easy to give up.
If there's something that looks tempting at that moment, you'll be drawn to it, so I'm emphasizing something I know.
In this era, since 1970 , over the past 120 years, only the Liberation Law has reached its end. Abandoning the Liberation Law is tantamount to abandoning freedom in this life.
No matter what other spiritual methods you switch to , 2021-03-13 01:38:20
1970 - 2090 ?
Wind 2021-03-13 01:38:30
Um

2021-03-13 Wind and Nature—The Master Has No Gender

Tiancheng 2020-03-13 09:56:37
You previously stated that there are more female masters than male masters, is that true? (Feng, 2020-03-13 09:57:45)
The difference isn't significant, and the masters aren't naturally male or female. (2020-03-13 09:59:18)
Because female masters are rarely seen, it seems there's a misconception that women are incapable of enlightenment . (2020-03-13 10:00:02)
Female masters are not as accepted

by society as male masters, so
they choose to live in seclusion.

Tiancheng 2020-03-13 10:00:32

Is it true that women are more
likely to achieve
enlightenment than men because
women are more emotional?

Wind 2020-03-13 10:00:52

Once gender equality is established in people's
collective consciousness, female masters will
emerge, recognizing that both men and women have
their own strengths.
Women's advantage lies initially because they operate on their senses.
Men have an advantage in their active intellectual
center, thus possessing stronger willpower to reach the finish
line . (2020-03-13 10:02:28)

Intellectual Center,
what is that? (Posted by Feng,
2020-03-13 10:02:33)

Between the eyebrows

Tiancheng 2020-03-13 10:02:41

A third

eye? (Wind ,

2020-03-13) 10:02:49

Um

Men are generally more

willing to find answers,

while women often stop at

simply finding happiness.

Tiancheng 2020-03-13 10:03:47

What advantages do women

have to reach the finish line? (Posted

by Feng, 2020-03-13 10:04:08)

However, most men don't even get started;

they're just thinking about it. Women move

faster, but they tend to get stuck in the

state of pleasure.

Overcoming this and balancing the characteristics will lead to the destination.

Overcoming one's habitual thinking and sexual desire is

also a form of balancing act for men. Both sexes have

their advantages, but ultimately, you need to find a

balance.

Tiancheng 2020-03-13 10:07:01

30 greatest masters today are women?

Wind 2020-03-13 10:08:06

I won't say.

And it's meaningless, because if

I create a female body tomorrow,

I'll be a female master.

The body is merely an image that can be transformed.

2021-03-14 Wind and Heaven - Awakening Requires an Active Decision

Wind 2021-03-11 17:47:30

In reality, everyone has known

each other for millions of

years, and you'll become

familiar with those you've known

for only a few thousand years.

Tiancheng 2021-03-11 10:26:58

Last time you said that people would recognize each other over billions of years.

In other words, have I (and others who haven't awakened yet) already reincarnated for billions of years? (Wind, 2021-03-14 10:27:43)

certainly

Tiancheng 2021-03-14 10:28:05

Lester Levenson (The Sedona Method) said, "To break free from millions of years of struggle ..." (2021-03-14 10:28:08)

Although time has no meaning Tiancheng 2021-03-14 10:28:24

Was Lester Levenson (The Sedona Method) deliberately understating it?

Billions of years, what a concept!

Wind 2021-03-14 10:29:04

Millions of years, billions of years, are all figurative.

Natural evolution takes one million years.

But natural evolution does not necessarily bring you awakening.

You can evolve to the point of accepting cosmic consciousness and achieving harmony with nature. (2021-03-14 10:29:53)

On one occasion, Krianandа respectfully asked the master how long he had been a disciple. The master replied, "A very, very long time." (2021-03-14 10:29:58)

Then I fell back into delusion.

Yogananda once traced back to when he was still a diamond. (Tiancheng, 2021-03-14 10:30:32)

Even so, awakening is impossible? (Wind, 2021-03-14 10:30:32)

It started with those hazy awarenesses... well, that wasn't awakening.

That's just approaching infinity.

Awakening requires an active decision. (Tiancheng, 2021-03-14 10:31:45)

Reincarnation is terrifying.

This must be what "the sea of suffering is boundless" means.

1000000000000 years

This is 100 million years, wow, so many zeros!

When do you look back to your most vulnerable moment? (Wind, 2021-03-14 10:36:38)

In fact, it is without beginning.

Time is like a dream,

without beginning or end;

waking up is waking up.

Time doesn't have a beginning as you imagine. (Tiancheng, 2021-03-14 10:37:11)

Without beginning or end? (Wind, 2021-03-14 10:37:25)

Before you wake up, it is
without beginning or end;
after you wake up, it is a
dream.
or exit at any time.

Tiancheng 2021-03-14 10:37:47

So, the painful struggle has no end?

Infinite? Until Awakening Wind 2021-03-14 10:37:53

Yes

Tiancheng 2021-03-14 10:39:13

Have we forgotten that our past
lives were a blessing from God? (Wind, 2021-03-14
10:40:15)

The reason you forgot your past life is because the new physical body you have taken over has obscured the karma stored in your astral and causal bodies.

Karma

Wind 2021-03-14 10:40:28
The causal body is a vast storehouse of karma.
When you shed your physical body, you will recall the memories of how this astral body came to be. When you shed your astral body, you will recall all your memories.
Tiancheng 2021-03-14 10:42:12
Does this mean that when people die, they remember all their physical memories? (Feng, 2021-03-14 10:42:35)
From the moment your astral body forms a physical body, your astral body will also die.
If your astral body dies, a new astral body will be created . (2021-03-14 10:43:47)
Are astral bodies created by the karma of causal entities? (Feng, 2021-03-14 10:43:53)
Um
The astral body is projected from the causal body; the physical body is projected from the astral body.

2021-03-14 Wind and Heaven - How does karma work?

Tiancheng 2021-03-14 11:32:34
Teacher, could you explain how karma works? (2021-03-14 11:32:47)
Karma is a process
The program creates every single one of your ideas; your mind is not free.
Therefore, freedom of action is not an innate quality. (2021-03-14 11:33:52)
Teacher, please continue explaining the concept

of karma. (March 14, 2021, 11:34:00)

Karma is the process of actions and reactions.

Tiancheng 2021-03-14 11:34:52

How is it used?

(Wind, 2021-03-14 11:35:10)

Program-driven thinking projects ideas into the world, and this is how it works.

The world is just a display screen

Whatever you do in this world is just smashing the screen; it won't change any of the plot unfolding inside.

Tiancheng 2021-03-14 11:37:01

So, simply releasing the program can change the world?

Wind 2021-03-14 11:37:07

Yes

It should be said that only by releasing the program can the world be changed; otherwise, the world will behave according to the predetermined program, and you have no free will.

Unless you decide to release the procedure

So no matter what kind of antics you guys wanted to pull before, I would always say, "Go ahead and do whatever you want, it's pointless to try anything funny."

It's just driven by the program.

It's simply repeating past karma, nothing more.

Tiancheng 2021-03-14 11:39:10

Can I change my family's world through release? For example, I want to heal my mother's illness through release (even if the illness is something she herself has predisposed to).

Wind 2021-03-14 11:39:16

Can

Tiancheng 2021-03-14 11:39:31

So, does that mean I can change other people's karma by releasing it? (Wind, 2021-03-14 11:39:58)

You did not change other people's karma .

(2021-03-14 11:40:04)

Isn't this interfering with someone else's life? (Wind, 2021-03-14 11:40:08)

This is the harmonious operation of the universe.

You can't even talk about interfering with karma right now; that's a statement for free people.

Because free people can do anything and transcend all karmic constraints.

You are currently under the influence of karma.
All your desires are part of karma.
Therefore, what affects you is
all your own karma, including
your mother's illness, which is
your karma.

Tiancheng 2021-03-14 11:42:01

My karma?

(Wind, 2021-03-14
11:42:06)

You can't say you're
interfering with other
people's karma;
"interference" is a
very broad term.

Tiancheng 2021-03-14 11:42:31

This is her life, why is it my
karma? (Wind, 2021-03-14 11:42:38)

You can't interfere with
others before liberation;
there is no separation.

She is a scene
in your life. (2021-03-14
11:43:10)
She predetermined her own life, that is, her karma, before she came, which led to her illness. Is this also my karma? (Wind, 2021-03-14
11:43:21)
She's just a scene
in your life. (2021-03-14
11:43:31)
Oh my god
Wind 2021-03-14 11:43:54
Lester Levenson
(The Sedona Method) said
a lot about returning to
Tiancheng 2021-03-14 11:43:58
So, you're saying I can control the entire world I see by releasing it? (Wind, 2021-03-14 11:44:11)
Don't react with such
alarm as you did when you first heard
it . (2021-03-14 11:44:13)
Ha ha ha ha
This truly broadened
my understanding . (2021-03-14
11:45:16)
Q: To change my attitude, you mean that I have no basic understanding of him other than a perfect consciousness, and I don't think of him as a restricted individual?
Lester: Yes. It's a fantastic way. It works, doesn't
it? Question: It works perfectly, yes, it works
instantly.
Lester: People actually become what we perceive them to be.
Q: So, if Lillian tells me she wants a bigger house, do I have to clear my mind of wanting her to fulfill my desires? Because it's just my thoughts that made her think about it, right? I don't need to think about Lillian; I only need to think about myself, my own happiness, and then she'll be happy. That is, my own happiness will lead to that ultimate happiness—
Lester: But you have a separation: Lil and me.
Q: I've had this question for a long time, you know, ever since I met you.
Lester: Sometimes you don't have that question, and you say, "Who is Lillian besides my consciousness?" Q: Yes, I said that. I said that a few minutes ago. I only need to deal with my own consciousness. Lester: Okay. That includes Lillian, right?

Q: Yes, that's right.

Q: That includes a bigger house too. (Laughter)

Q: I have to break free from the limitations in my own consciousness. That's everything I'm dealing with, anyway. I'm not dealing with Lillian , or the house, or the land; I'm dealing with my own consciousness. The obstacle is in my own mind, or perhaps not within myself. And, as you said: if I am infinite right now, I can do it right now! I don't need to wait until I get home.

Lester Levenson (The Sedona Method) : Yes.

Q: We need to act quickly!

Q: When you get home, Lil, you have to be happy with your house as it is.

Lester: If you accept it, when you come home, the same house can become twice as big. It will be so natural that you won't even feel it. You will enter a house that is twice as big as when you left.

Tiancheng 2021-03-14 11:45:23

> This means that my mother's illness, my relatives' debts, and so on are all my karma.

Wind 2021-03-14 11:45:35
Karma is your desires
Programs are feelings, driven
by desires . (2021-03-14 11:46:17)
Taking full responsibility means that you are fully responsible for the entire world you create.
Even the rising sun, the movement of dust, and the vibration of atoms are all things you created, you just aren't aware of them.
By being conscious of it, you can consciously create
what you want, rather than what you don't want. (2021-03-14 12:02:55)
Teacher, can I help them heal through release? Even if
they're paralyzed for several years? (Feng, 2021-03-14 12:03:04)
[Group chat history]
【
questions like "Can you do xxx?", I hope you remember a
quote from Lester.
Wind: every impossible, no matter how impossible, become
immediately a possible ,as you completely released o...
】
Wind 2021-03-14 12:03:17
I've actually answered
this type of question many times.
(Tiancheng, 2021-03-14 12:06:30)
Teacher, what exactly do you mean by the harmonious operation of the universe? For example, is my healing of my family through release part of the harmonious operation of the universe?
Wind 2021-03-14 12:07:01
At the same time you have an idea, she will have a corresponding idea, exactly the same.
Therefore, you don't need to use words or actions to change her mind.
You only need to deal with
your own thoughts. (2021-03-14
12:07:43)
The world will change
Ultimately, all you need to do is release it.
release only
Tiancheng 2021-03-14 12:08:55

good.

2021-03-14 Wind and Heaven - What's the story behind "Wind" going into seclusion?

Tiancheng 2021-03-14 17:45:35

teacher

Lester Levenson (The Sedona Method) on the way The second point encourages everyone to take action.

But he mentioned in his autobiography that he

needed to go to a secluded place to do it.

Isn't that contradictory?

Wind 2021-03-14 17:47:07

Wrong

You misread it.

isolate elsewhere.

You can only isolate yourself in one place , and that is by quieting your mind. You cannot isolate yourself by isolating yourself from external things.

isolation is in other audio recordings.

Tiancheng 2021-03-14 17:50:05

Lester also mentions this in the first chapter of The Road to Ultimate Freedom: "Lock yourself in a room, and then add a..."

"Lock" and other content

Wind 2021-03-14 17:50:14

That's an explanation of omnipotence.

You only need to release it; you don't need to do anything else, and it will work.

(Tiancheng 2021-03-14 17:50:49)

Isn't this about behavioral aspects? (Wind, 2021-03-14 17:50:55)

no

In that context, a student asked him if he needed to go out and find a job, and he said no, he just needed to release [their burden].

Adding a lock will also work.

This emphasizes that you don't need to do anything, you just need to release.

Tiancheng 2021-03-14 17:51:01

’is ol ation ’ in other audio recordings ,″ does that mean the image above?

Wind 2021-03-14 17:51:34
Yes, those are the two sentences.
The only place you can isolate yourself is mental tranquility.

Tiancheng 2021-03-14 17:52:45
Yes, but Lester did isolate himself at home when he began his exploration, and he mentioned that in his autobiography.
Wind 2021-03-14 17:54:45
If you don't believe me, just try it and you'll see. Try isolating yourself.
Let's see if this helps. (Tiancheng, 2021-03-14 17:55:16)
The autobiography was written in 1972 .
Wind 2021-03-14 17:55:41
The group admins all tried it themselves for a few days .
(Tiancheng, 2021-03-14 17:56:01)
What happened after he went into seclusion?
(Posted by Feng, 2021-03-14 17:56:24)
The group owner, Aheng, and others
The conclusion I came to after going into seclusion was that it was completely useless.
(Tiancheng, 2021-03-14 17:56:44)
What was the story behind your seclusion? (Feng, 2021-03-14 17:56:48)
I only know how to escape, not how to release. I didn't deliberately go into seclusion.
I didn't force myself to do anything.
I want to reach the end; I just want to release myself again and again, I haven't shut myself off.
They just forgot to interact with people.

Tiancheng 2021-03-14 17:58:02

Teacher, could you share your secrets to success? (Posted by Feng, March 14, 2021, 5:58:09 PM)

Six steps

Tiancheng 2021-03-14 17:58:17

Why can you do it, while so many people can't? (2021-03-14 17:58:23)

Six steps

Because you need something else, but I only need six steps. (Tiancheng 2021-03-14 17:58:48)

Yes, so we must act accordingly. (2021-03-14 17:59:15)

The key is that you didn't do it.
Not long after, you thought of
another mental problem and began
to study it.
Just like this question
There are no contradictions in the six steps, but if you scrutinize Lester's words and manipulate them with your own intellect, you can always find so-called "contradictions."
It will immediately lead you in the direction of limitation.
Those mental problems, those deviations from the six steps, will lead you astray from freedom. I have a highly intelligent mind, but I use my intelligence correctly.
That is, recognizing the limitations of the mind.

Wind 2021-03-14 18:02:32
Throughout the process, I
only look at the six steps;
I don't need anything
outside of those six steps.
If I had to pinpoint the secret to success, this would be it.
People who endlessly collect information will never reach the end, especially since their intellectual minds are not yet able to distinguish between those internal...
Allow
Tiancheng 2021-03-14 18:02:46
Teacher, what should I do to reach the finish line? (Posted by Feng, 2021-03-14 18:02:57)
Six steps
Tiancheng 2021-03-14 18:02:59
good.

2021-03-15 Wind and Nature — As long as you want freedom, nothing can stop you.

Tiancheng 2021-03-15 08:57:01
Okay. Jesus and Buddha are omnipotent. They also want to help us achieve freedom. So why don't you just help us do it directly?
Wind 2021-03-15 08:57:17
I've answered this

question many times. (Huitiancheng, 2021-03-15 08:57:20)

Omnipotent is omnipotent. (Wind, 2021-03-15 08:57:27)

They certainly can do it.

But they did not choose to do so. (Tiancheng, 2021-03-15 08:57:46)

Why?

(Posted by Feng on 2021-03-15 08:57:55)

They do not provide forced assistance.

When you choose freedom, you are naturally free. (Tiancheng, 2021-03-15 08:58:39)

In other words, we don't have freedom, for a very simple reason: we don't want freedom at all? (Wind, 2021-03-15 08:58:46)

Yes

Lester Levenson (The Sedona Method) said a lot about returning to

Tiancheng 2021-03-15 08:58:55

That's why the master wouldn't force us . (2021-03-15 08:59:04)

If you desire freedom, nothing can stop you from taking the first step; you will automatically fall into the next five steps.

Achieving freedom can simply be will it

Then you are free.

The only reason you can't be free is because you don't want freedom.

If you truly wanted freedom, you would already be free.

Tiancheng 2021-03-15 09:03:46

When a person truly desires freedom, a master can use his omnipotence to help him achieve it.

May I?

Wind 2021-03-15 09:04:13

Sure, that's easy.

If you truly want freedom, you don't need to ask anyone for help; you'll achieve the first step directly.

Those who directly enter the "Nebokappa" Samadhi seeking freedom are already free.

The rest are people who don't want freedom; it's actually very simple.

Judging whether a person wants

freedom is very simple. (Tiancheng, 2021-03-15 09:10:34)

So, there's no need to force others to learn? (Feng, 2021-03-15 09:10:53)

Yes, there's absolutely no need. (Tiancheng, 2021-03-15 09:11:36)

Because when they truly desire freedom, they can achieve it at any time? And the master will help them, no matter what world they are in? Wind 2021-03-15 09:11:52

Yes

It's quite interesting that the mind always thinks it's doing something important.

The mind believes it is saving the world.

But in reality, everyone exists infinitely, and no one needs to be saved.

No one can be destroyed

Tiancheng 2021-03-15 09:15:00

"Judging whether a person wants freedom is very simple," teacher, what kind of judgment are you referring to? (2021-03-15 09:15:25)

If someone says they want freedom, but they don't have it, you know it's a lie. That's what I mean by judgment. Those who wanted freedom are already free.

Wind 2021-03-15 09:17:42

Q: Overriding the unconscious habits is hard to do because they keep sneaking up on you and you don't realize sometimes you've got them.

Q: Breaking free from subconscious habits isn't easy because they always sneak up on you, and sometimes you're not even aware that you're being controlled by them.

Lester: It depends on how strong your desire is for the thing that you want as to whether the unconscious habits override it. We have infinite power infinite will, and when man so wills he's immediately set free.

A: That depends on the strength of your desire. We have infinite power and infinite will. When your desire is extremely strong , you can immediately find liberation.

Q: Gee, that sounds So easy.

Q: That sounds easy.

Lester: That's the easiest way to do it. Just will it! And it's possible for everyone of us, because we are infinite and therefore have infinite will power. And the reason why we don't do it is that we don't have that much desire for it. We still have more desire to be limited bodies.

A: That's the easiest way. Just desire it! It's possible for each of us because we are infinite, and therefore possess infinite willpower. The reason we can't do it is because our desire isn't strong enough; we crave more of a finite body.

Tiancheng 2021-03-15 09:19:39

Teacher, the ultimate method "What am I?" is almost unusable for

anyone on this planet, is it because almost no one really wants freedom? Or is there another reason? (Wind, 2021-03-15 09:20:46)

New Again

That's why the desire wasn't strong enough.

Therefore, a gradual scientific approach is needed.

You can gradually confirm your gains and the source of your happiness to adjust your direction.

But if you ask "What am I?" and become interested in other things before getting an answer, you'll have to start over.

All of the above was in vain.
Some people focus solely on that one sentence and turn it into a form of meditation practice.
The release method
encourages you to get
everything you want
and provides a simple
and easy-to-follow
specific method that
allows you to reach
your destination as
quickly as possible.
Other methods, because they all conflict to some extent with worldly trends and provide guidance in behavior, will therefore cost [amount missing].

How many lifetimes will it take you to learn?

If you want to achieve freedom in this lifetime, then use the method of release.

If you don't mind achieving freedom in future lifetimes, you can do so through other correct methods . (2021-03-15 09:24:48)

Using this method, you can't stop at all until you reach the finish line? (Wind, 2021-03-15 09:24:53)

Those things also help, albeit slowly.

Well, the ultimate problem is that as soon as you become interested in something else, all your previous efforts are wasted. It's not as simple as just focusing on that one sentence.

If your interest isn't in getting the answer to this question, all your previous efforts will have been in vain.

2021-03-15 Wind and Nature — "Everything is Consciousness"

Tiancheng 2021-3-15 09:47:33

When did Judas gain his freedom? (Posted by Feng on 2021-03-15 09:47:53)

In the last century, Tiancheng 2021-3-15 09:48:55

Even if Judas committed a grave sin, could he still be absolved? (Feng, 2021-03-15 09:49:06)

He was a disciple of Sriramakrishna.

No matter what mistakes he makes, he is an infinite

being, an indestructible
being.
These things are
really simple . (2021-03-15
09:50:00)
So when he decides to be free, can he truly gain freedom? Even if he has committed very, very serious karmic transgressions? (2021-3-15
09:50:30)
certainly
Your infinite power is
contained within it at any
time; you can use it at any
time through your will.
Tiancheng 2021-3-15 09:51:02

Even if I were a bacterium at any time? (Wind, 2021-03-15 09:51:51)

When you're unconscious and drowsy, it might seem a little difficult, but it's not absolutely impossible. (2021-3-15 09:52:28)

Do life forms like bacteria, or even stones, possess will? (Wind, 2021-03-15 09:52:42)

Consciousness is an omnipresent, innate quality. (2021-03-15 09:53:00)

Whatever his outer garment is?

Does consciousness exist within everything? Is everything simply everything? (Wind, 2021-03-15 09:54:03)

Um

Everything is a product of consciousness. (2021-03-15 09:54:23)

Is this remote control also a life form? Is it also a being in the cycle of reincarnation? Wind 2021-3-15 09:54:51

Life is God's creative power. It requires a very long timescale for subtle evolution, slowly transforming from unconscious to conscious. Tiancheng 2021-3-15 09:55:39

Are you referring to this remote control? (Posted by Feng, 2021-03-15 09:55:51)

anything

It's worth noting that Yugananda was once a diamond in the rough. (2021-3-15 09:56:55)

Everything is consciousness, but the remote control and the diamond are unconscious. How so? (Posted by Feng, 2021-03-15 09:58:25)

Consciousness is everywhere, because creation itself is a dream projection of

God's consciousness. Even if a stone were to possess consciousness, it would be very vague. A few minutes ago, I was watching a slow-moving worm crawl across the bathroom floor, and I thought, " There are certainly no quick-thinking thinkers now!" But when I heard scientists claim that computers will one day be complex enough to demand "computer rights," I thought of worms and their ancestors. Even with the simple worm, there are two things computers will never have: self-awareness and feeling. Prick a worm with a needle, and it will wriggle away. As I said before, there are two things science cannot create: feeling and self-awareness. We don't gain self-awareness by comparing ourselves to others; it's an intuitive necessity, something all living beings are born with. But what a long journey the soul must undertake to make it manifest outwardly! Yogananda said he could go back to when he was a diamond!

2021-03-15 Funny things to do

Wind 2020-03-28 19:47:26

No, the master will not force anyone to be free.
And actually, Stephen did a job.
He wrote that book, claiming it was
about inner guidance, but it was
actually a work of art, somewhat similar
to Tiancheng's style.
I pay particular attention to intellectual questions, enjoy
collecting information, feel the need to organize materials on
masters, and so on. I do everything imaginable, except for
releasing my inner thoughts.
I've had many creative ideas in the past.
Of course, compared to others,
it's not much. (Yitian, 2020-03-28
19:55:00)

So you now think the Liberation Law
organization is completely unnecessary? (Feng,
2020-03-28 19:55:19)

I saw the panoramic view.
I know what will happen if I do this,
what will happen if I do that , and if
you don't release the karmic momentum,
it will drive you to do more harm than
good.

2021-03-16 As long as the release continues, there's no need to constantly focus on the target; just follow the six steps.

Tiancheng 2021-03-16 10:48:03

I just wrote down a lot of
my goals and set deadlines
for them.
In the process, is it enough for me to keep releasing energy without
constantly focusing on the target, and simply follow the six steps?
Is that also possible?

Wind 2021-03-16 10:49:00

Can

2021-03-16 Wind and Nature — When all external escape methods are defeated, you will be forced to enter your inner self.

Tiancheng 2021-03-16 22:14:12

teacher

Why did you come back to find us this time? (Wind, 2021-03-16 22:14:55)

There is no reason why

Before I leave completely, I'd like to respond to Tiancheng's post from 2021-03-16 22:15:36.

Is this really a permanent departure? (Wind, 2021-03-16 22:15:39)

Um

Tiancheng 2021-03-16 22:16:36

Will you also leave Aheng and the group leader? I will leave this world.

Directly merging into infinity?

(Wind, 2021-03-16 22:17:54)

no

No longer communicating with people

What people call isolation

Tiancheng 2021-03-16 22:18:43

Is this your inner guidance?

Teacher, why can't you continue to help us? (Posted by Feng, March 16, 2021, 10:19:06 PM)

Well, once I made up my mind, I did it. Leaving was the best way to help.

I can see the whole panorama.

If I stay here, no one will be free to rely on others; such dependence is fatal to growth.

Tiancheng 2021-03-16 22:21:55

But can you help me when I need you?

(Wind, 2021-03-16 22:22:06)

Leaving completely is a form of help.

Does an infinite being need help?

When you seek help from the outside world, it's an opportunity to become aware of it and release it.

Find everything you want within yourself

Absolute security can only be found in your infinite existence.

Of all the help, there is none better than destroying all your pillars. (2021-03-16 22:25:20)

Lester told me the world would "break his pillars," so everyone would be forced to look for answers within themselves . "That's good," he said. "Not an explosion, but an ascension," he laughed. Currently, people constantly seek happiness in the external world through various means of escape. He predicts that

eventually, when this external escape becomes endless, we will be forced to retreat inward. “That’s a really good thing,” he said. “Because people are forced to find the answers, to know who they really are, just like I was.” He always told me he was especially grateful to him.

heart disease.

Wind 2021-03-16 22:26:00

When all external escape methods are
broken, you will be forced to look inward,
but you can become more conscious.
Be more proactive
Don’t wait until you’re facing a gun to your head before you do it.

You all know yourselves very well.
Even if it's not that deep, you'll
know that your behavior is dependent
and you'll hold on to it.
If you rely on external factors,
you won't discover the infinite
possibilities within. These
things are all very simple.
As someone who has attained ultimate
freedom, I cannot rely on the methods of
liberation here as a means to achieve
self-reliance; there aren't that many
problems with that.
All the problems arise when you deviate from the six steps.
Therefore, you either go back to the six-step process to continue releasing, or you move towards limitation.

Tiancheng 2021-03-16 22:32:17
Teacher, why is this
happening? (Posted by Feng,
2021-03-16 22:32:33)
Lester Levenson (The Sedona Method) has been here for decades, repeating the same thing over and over again, in his own words, "over." and over and over and over again"
A year before he left, he told one of his students, "I can't stay here. If I stay, you'll only depend on me, and no one will be free."
He kept repeating the same thing.
Because they believed that Lester Levenson (The Sedona Method) was there to guide them, they kept forgetting...
Not long after Lester Levenson (The Sedona Method) left,
Sedona The woman at the institute was then freed, and Lester and
I talked a lot about his past.
During his lifetime, no one gained true
freedom under his guidance. (2021-03-16 22:35:17)
You chatted with Lester Levenson (The Sedona Method) ?
Is this master of freedom a liberation
teacher or a student? I often chat with
Lester.

Wind 2021-03-16 22:35:51
student
The law teacher was not released and gained his freedom.

Furthermore, most of the release law instructors appointed by Lester were those he felt were less inclined towards, that is, more inclined towards the world.

Tiancheng 2021-03-16 22:36:56

How did you chat? (Wind, 2021-03-16 22:37:16)

Free people do not need any medium to communicate; communication exists at every point.

There is no separation between us.

Tiancheng 2021-03-16 22:39:41

Yesterday, a friend contacted me; he used to be my boss in Suzhou. After discussing the release method, he followed the instructions from before.

They sent me a red envelope, but I refused to accept it this time. I don't want to charge for using the "release method" (a method of offering free services to someone who provides financial support). Actually, I've been quite poor lately, but I don't want to make money this way.

Wind 2021-03-16 22:40:57

Well, using this to make money will give you the wrong feedback—using talk about release methods instead of actually releasing them.

These are things that can easily lead people astray.

Furthermore, spiritual books are also the easiest way to lead people astray.

Because when people read those books, they deceive themselves into thinking they are on the road.

When you stray, if you know you're straying, then you can turn back.

Wind 2021-03-16 22:49:51

Stuck, step five is very simple.

If you want to stop feeling uncomfortable, this is to control the fifth step.

You didn't follow the six steps. First, you tried to release it, but it got stuck.

You're trying to forcefully push away the blockage instead of releasing it. The six steps to resolve this blockage are to use release to resolve it.

The reason is this: you don't release it.

Wind 2021-03-16 22:55:57

Actually, there's no need to say anything more; the less said, the better.

Are mental accumulation techniques useful? (Tiancheng, 2021-03-16 22:56:26)

It's useless.

Wind 2021-03-16 22:56:31

To achieve freedom, all accumulated knowledge must be released. (Tiancheng, 2021-03-16 22:56:36)

If this is helpful, I should be free . (2021-03-16 22:57:10)

Even Venerable Kriya Nanda was hindered from recalling Yogananda's teachings word for word. Was this helpful? Absolutely not.

Tiancheng 2021-03-16 22:57:34

Was it because he had accumulated too much intellectual knowledge? (Wind, 2021-03-16 22:58:04)

He wrote books and promoted his guru instead of actually doing anything.

Tiancheng 2021-03-16 22:58:14

Where did Venerable Krianandaactually arrive? (Posted on 2021-03-16 22:58:18)

Freedom must be achieved.

Venerable Kriya Nanda reached the stage of meditation but not Samadhi.

Tiancheng 2021-03-16 22:58:58

So it will still revert? (Wind, 2021-03-16 22:59:10)

Well, if you can't do it, no amount of talking will help. (Tiancheng, 2021-03-16 22:59:21)

Did Master Yogananda continue to help him? (Posted by Feng on 2021-03-16 22:59:21)

Besides, you're showing concern for others again; the best help is to leave.

Tiancheng 2021-03-16 22:59:38

Yes, we've gone in the wrong direction again.

Is it the best help for Yugananda to leave Krianandа? (Wind, 2021-03-16 23:00:05)

As long as Yogananda is alive, he will always look to his guru, always regarding his guru as the source of his knowledge and power—something that cannot be achieved freely.

No matter how he called, Yogananda would not come.

To change direction, you must make sure you don't feel safe outside yourself.

When you can't find a master externally, you'll find your innate talent within yourself. (2021-03-16 23:01:42)

Is this an advantage that has helped you succeed? You haven't relied on a guru.

Wind 2021-03-16 23:01:51

Um

Furthermore, I never considered calling upon Lester or any other master to explain why, when I was studying Mahayana Buddhism, I leaned towards Zen and distanced myself from Pure Land Buddhism. At that time, if my guru had been in front of me, I would have let him go. I really didn't want anyone to help me.

Tiancheng 2021-03-16 23:04:36

Is this your preference? (Wind, 2021-03-16 23:04:38)

That's my strength; I just want to be independent and natural. (2021-03-16 23:04:48)

self-reliance

Wind 2021-03-16 23:04:52

Yes, that's been a tendency of mine for a long time.

March 17, 2021: "Seclusion" means not becoming a master and being known to the world.

Tiancheng 2021-03-17 00:26:57
teacher
You said this time you're leaving the world for good.
Is it what you mentioned last time, entering samadhi?
25 years
Wind 2021-03-17 00:27:43
irrelevant
I've already canceled that one.

Tiancheng 2021-03-17 00:28:39
Where are you
going? (Wind, 2021-03-17
00:28:51)
I won't
discuss this . (2021-03-17
00:29:26)
If I am fortunate enough to be
free, will I be able to find
you? That should be possible.
Wind 2021-03-17 00:30:01
Actually, this statement isn't quite
accurate, because once you're free, you'll
be everywhere and won't need to deliberately
seek out anyone.
Freedom is recognizing
that you are not that
body, but an infinite
being.
Tiancheng 2021-03-17 00:31:10
Um
Then I will definitely see you.

Tiancheng 2021-03-17 00:45:40
Teacher, does this mean that even if I gain ultimate
freedom, I cannot remain in this world? (2021-03-17 00:46:02)
It's up to you.
Freedom is
freedom,

without any
coercion.
Tiancheng 2021-03-17 00:46:20
Can I still stay with my
family? (Posted on 2021-03-17 00:46:25)
certainly
Tiancheng 2021-03-17 00:46:41
I see myself fearing freedom, afraid that
I will lose my family after gaining freedom.
(2021-03-17 00:47:02)
There are many home
improvement masters,
some of whom could
even be kings.

Tiancheng 2021-03-17 00:47:35
So, even after gaining his freedom, the master still lives with his family? (Feng, 2021-03-17 00:47:39)
For example, William the Conqueror
Krishna is a demonstration of a home-based master.
You will not lose your family, you will not lose your beloved world. (Tiancheng, 2021-03-17 00:48:32)
In this era, a master must be a reclusive wind. (2021-03-17 00:48:55)
Reclusion means not becoming a master and being known by others; reclusion does not necessarily mean you have to live in seclusion in the mountains.
Living in the world like an ordinary person is also a form of seclusion.

Wind 2021-03-17 00:56:55
Not a true classic
You're following other people again. (Tiancheng, 2021-03-17 00:57:34)
I'm taking advantage of the fact that you can still see some things clearly, to distinguish between truth and falsehood.
Wind 2021-03-17 00:57:59
Is this the reason your mind gives you?
What's the point of judging the authenticity of other things if you don't need anything beyond the six steps?
Even if you study the works of certified masters like Lester and Yogananda, if you deviate from the six steps, you...

Still unable to be free

There is a wealth of spiritual information in this world; you don't need to verify its authenticity one by one. I'm offering a simplified answer: follow these six steps to reach the destination. You don't need to look outward to see the truth or falsehood of those people and things.

Seeing this indicates a desire to control and release.

If someone or a higher being appears before you in the future and says that you are free, why should you care about them?

Wind 2021-03-17 00:58:52

Even if you study the works of certified masters like Lester and Yogananda, if you deviate from the six steps, you...

Still unable to be free

There is a wealth of spiritual information in this world; you don't need to verify its authenticity one by one. I'm offering a simplified answer: follow these six steps to reach the

destination. You
don't need to look
outward to see the
truth or falsehood
of those people
and things.
Seeing this indicates a desire to control
and release.
If someone or a higher being
appears before you in the future
and says they are free, why should
you care? You have already
completed the six steps.
Even if he is a master, you don't need him.
Continue using the release method until the
endpoint is reached.

Wind 2020-03-17 01:01:02

You have six steps.

Even if he is a master, you don't need him.

Continue using the release
method until the endpoint is reached.

(Tiancheng, 2021-03-17 01:01:48)

Okay. Teacher, I heard you.

Xiaoli 2021-03-17 01:43:02

@Wind Can I now actively open the door and pour out all my feelings, instead of releasing them one by one as before? Wind 2021-03-17 06:45:11

Are you trying to
speed things up? Xiaoli
2021-03-17 07:53:31

Yes, I did experience that high position for about ten seconds, but afterwards, due to mental effort, I fell to the bottom and it took me even longer to climb back up.

Wind 2021-03-17 07:58:57

Wanting to go faster is wanting to control.

The more you release, the more you release,

and the feeling will surge forth like waves.

But if you try to control it and make it

faster, you'll get stuck.

Xiaoli 2021-03-17 08:00:48

Yes

If you don't realize you're stuck and exert force in time, and the time you're stuck goes on, you'll find that your feelings of disappointment and resistance will immediately develop, and the thought of escaping will arise.

Wind 2021-03-17 08:14:29

Release everything

step by step

through the

process; there's

no need to look

for other

shortcuts.

The desire for control, acceptance, and security, again and again.

If you use the six steps and continuously release your emotions, you can clear your mind in just one month. It's that simple. (Xiaoli, 2021-03-17 08:16:22)

Okay

June 30, 2021: I didn't know the release method, but I succeeded in the endeavor.

Tiancheng 2021-06-30 20:34:17

Q: So many people have succeeded in doing things without even knowing about the release method. How did they do it?

Teacher: It's just a process. If you don't have a way to achieve freedom, you're essentially living through what you might call karma, which you predetermined in your past life. If you don't use the right method to release it, it will drive everything you do. Then, whatever happens to you will follow your inner program. For a successful person who doesn't understand the spiritual path, success and failure in their career are not under their control. The program makes them succeed or fail as it pleases; even down to the specific time, they are still not free.

2021-03-17 What kind of things need to happen inside a person if they pretend to be a master ?

Wind 2021-03-17 08:25:43

That superficial peace concealed the turbulent undercurrents beneath, including the Eckhart incident.

The reason he is slower than most people is because he avoids the various processes of the subconscious, that is, feelings.

Because the mind is mostly driven by programs, it's already overloaded, yet it still persists.

Hold on the surface

What kind of internal things need to happen if someone tries to pretend to be a master? First, he needs to develop a thin veil of indifference to shield himself from inner awareness, so that he can escape the intense pain surging from within.

Therefore, you cannot use lies to explain the correct principles when it comes to truth.

April 21, 2021 The key points to note are "wanting to understand" and "wanting to do something ".

Wind 2021-04-21 10:33:37

The key point to pay attention to is the difference between "wanting to understand" and "wanting to do something"—these are the easiest places to get stuck.

The desire to understand will drive you to research and

analyze; the desire to do
something will drive you to
create something interesting.
We should be alert to this and release [the information].
There is an exercise in the workbook.
What do I get from Wanting To control/approval/security?
Sometimes you want to gain a
sense of security through
control, and sometimes you want
to gain approval through
control.
Sometimes you want validation, and then you develop a desire to control.
When you release something, you often try to control
the process, which leads to getting stuck. Ask
yourself: Are you trying to solve this problem?
You want to do
something to solve it,
but you don't have to
do anything.
let go
undo the doingness
A problem is only a problem when
you want to control it, or to
put it more bluntly, when you
want to change it.
Just be aware that you want to control it.
Try it yourself. The moment you let go of the urge to
control, isn't the problem no longer a problem? You can
achieve it even if you don't want to.
Haven't you already fulfilled enough of the "don't want" desires?
[size]

Look around you
How many of your "unwanted" desires have you fulfilled?

2021-07-26 dasin's Japanese comeback

2021-07-26 14:53:44 I suggest relearning everything.

2021-07-26 14:53:44
Teacher Feng, do you have any
advice for me? @Feng I think I
released something wrong.

Wind 2021-07-26 14:54:27
My suggestion is to relearn the entire release method.
take the course
However, don't start from video 1.
Starting from video 5

2021-07-26 14:55:07
Relearn everything, good.

Peace of mind and freedom 2021-07-26 14:58:19
I'm still hesitating about whether it's the right thing to do or not. After putting in so much effort, should I start over? I want to start over, but...
I'm not willing to give up.

Ellenson An 2021-07-26 15:00:57
Let's relearn from the fifth video, following our dear Haier teacher.

Yilin 2021-07-26 15:01:48
Okay, let's relearn the release
technique! Starting with the fifth video! (Wind,
2021-07-26 15:02:47)
You've realized that you've been "working hard" for so long.
Release take no efforts
You might often forget how to release tension, but that's okay. You can learn to relax and feel at ease again in just a few minutes. (2021-07-26 15:04:25)
Okay, I understand.

Continuing to release on July 26, 2021

The sound of clouds passing by 14:58:31

@Teacher Feng, I always feel like I'm not releasing things properly. Sometimes I can feel the desire leaving, sometimes I just feel...

It's not working (maybe it's stuck) . I feel like I'm not releasing it correctly, what should I do? I really want to "continue releasing".

Wind 2021-07-26 15:04:57

Continuous release does not mean that you maintain a continuous release concept.

Continuous release means that after you experience inner liberation through a release, you release again at this rhythm, which is entirely under your own control.

After releasing your desire for validation of something, you can ask yourself, "Is there more?" to continue.

You can also reflect on your current feelings and ask yourself, "Does it want control or validation?" to continue interpreting this.

put

Of course, if you find yourself trying to control your feelings and not wanting to release them, you can ask yourself, "Is this a desire to control?"

"What?" (To continue releasing)

Safety?

If you want to do something else at this point, then you can certainly choose to release that matter.
Reflect on what I want to gain from that event. Is it control or validation? These are all ways you continue to release your pent-up emotions.

26, 2021 : Tiancheng also needs to relearn the 1992 version of the release method.

Tiancheng 2021-07-26 15:02:20

teacher
Do I need to learn it all over again?
Have I not learned it yet?

Wind 2021-07-26 15:04:14

Yes, relearn it.
It won't take
long. (Tiancheng, 2021-07-26
15:04:21)
Yeah, I've always
been unwilling to
relearn it all by
rote [facepalm]
I need to relearn from video 1 ?
Still from video 5
Wind 2021-07-26 15:58:18
These are
tools,
whatever you
need.
Tiancheng 2021-07-26 15:58:31
I feel like I've already
experienced the release of the wind.
(2021-07-26 15:58:31)
You can pick it up and
use it anytime. (Tiancheng,
2021-07-26 15:58:57)
I don't necessarily
have to watch it all, right?
(Feng, 2021-07-26 15:59:23)
Um

2021-07-26 Use release to eliminate obsession with a goal

2021-07-26 15:12:25

@Teacher Fengfeng, I always feel that being too fixated on a goal is detrimental to achieving it. Is this idea right or wrong?

Woolen cloth?

Wind 2021-07-26 15:23:32

Someone just mentioned persistence in achieving goals.

Susan Lee 2021-07-26 15:23:40

I really want to achieve that goal, but I'm afraid to unleash it. (2021-07-26 i5:23:50)

This is a very basic question.

Yes, you are persistent about your goals. However, do you want to eliminate your persistence about your goals by suppressing them?

Jesus Christ

We are learning the release method.

Of course, releasing the target's obsession is necessary, and Lester places particular emphasis on the role of the target.

Because the target is something that can evoke your deepest, most hidden aversion.

Anxin Ziwu 2021-07-26 15:27:09

Do I have to set a goal to release, or is it okay to just release the feelings in the present moment?

Wind 2021-07-26 15:27:32

it's up to you

Release must be done according to your own inner rhythm.

Yilin 2021-07-26 15:28:10

@Wind I have listed more than a dozen goals. Should I release them every day or just release them based on my feelings?

Wind 2021-07-26 15:28:21

Because releasing doesn't involve a god standing beside you counting: you release once, you release twice, you release three times...

The release occurs when you allow

feelings to arise and depart. With each release, you can utilize step six.

Check your inner feelings, just like you did in the course .

“你现在感觉怎么样？”
“哇，非常好，不过好像还有些在那儿”
“那么，你能允许它们出来吗？” “可以试试”
我记得我以前有一段聊天记录

That’s something worth checking out.

[Group chat history]
[Released while playing mahjong on February 3, 2021]

Do you understand what I'm trying to say here? [Laughs] What you need to do is keep releasing...
Instead of continuous suppression

Susan Lee 2021-07-26 15:35:52
Teacher Feng, does the goal have to be achieved by releasing for several days in order to succeed, instead of releasing for a few hours a day? @Feng, can't it be interrupted at all?

Not all interruptions are allowed.
However, every time you don't release those feelings, you're suppressing them.
@2021-07-26_15:13:35
Fenglin Fenghua 2021-07-26 15:13:35
If you're stuck, release the feeling of wanting to change. You realize you want to change, release that desire, but there's no progress . Should you just keep releasing that desire (wanting to control) and keep asking yourself questions?

Wind 2021-07-26 15:13:46
No.
You don't need to keep asking yourself questions.

The questioning method is a teaching approach; at the end of the course, if you've mastered it, it will guide you through six steps.
sudden

Why does the course tell you six steps at the end?
Because until you learn to let go, these words are just words to you.

And after you've learned it, you've already experienced those...
Therefore, you don't need any extra explanation to explain the six steps.

In fact, back in 1992 , Lester Levenson (The Sedona Method) had already simplified the six steps into three steps.
These three steps are the way to put the six steps into practice.

You can find this three-step new concept at the end of the workbook . (2021-07-26 15:18:10)

Three tickets to calm waters

Susan Lee 2021-07-26 15:19:05

YOUR TICKET TO IMPERTURBABILITY

Carry out these three things and you will quickly reach *Imperturbability*.

1. **Release only the three wants.**

2. **Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.**

3. **Make it a Do It Yourself Tool.**

   You now have all you need to go all the way to imperturbability.

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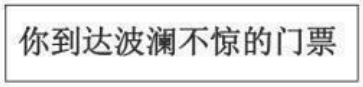
The Sound of Clouds Passing By (July 26, 2021) 15:19:13



贯彻这三件事情，你将会迅速到达波澜不惊。

1. 仅仅释放这三个想要。
2. 让它持续不断并且立即释放。
   允许想要被认同，想要控制和想要安全出现在你的意识里并且立即让它离开。
3. 让它成为一个自己动手去做的工具。

你现在已经拥有了你需要的一切去走完全程，到达波澜不惊。

2021-07-26 All knowledge is a limitation; all knowledge is meant to be released.

Yilin 2021-07-26 15:13:46

@Feng I am a Christian. Many of the sayings by Teacher Feng shared in the group are about Buddhism, which I don't understand. Will this affect my liberation? Thank you.

Wind 2021-07-26 15:19:09

Oh, release doesn't require knowing that knowledge.

Dear Lester said that all knowledge is a limitation, and all knowledge is meant to be released.

Yilin 2021-07-26 15:19:43

@GoodWind

July 26, 2021: Release is the only thing you can't force someone to do by holding a whip to your head.

Elekson 2021-07-26 15:09:56

Teacher Feng, many people here are stuck. Is it because we're trying to control and release the stuck state? Some haven't been able to release it successfully for months .

Susan Lee 2021-07-26 15:21:16

Teacher Feng, many people here are stuck. Is it because we're trying to control and release the stuck state? Some haven't been able to release the stuck state for months . Same question.

Wind 2021-07-26 15:21:22

First, you need to determine what you want to release.

That's step NO.I

Susan Lee 2021-07-26 15:22:44

I don't want to release, but the situation forces me to. How can I make myself want to release?

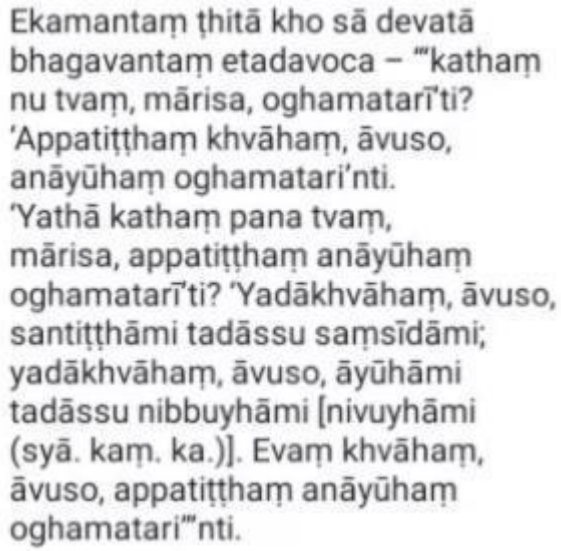
Wind 2021-07-26 15:22:46

Liberation is the only thing you can't force someone to do with a whip. [laughs]

2021-07-26 When the strings are too tight, you need to loosen them. When the strings are too loose, you need to tighten them .

The Sound of Passing Clouds 2021-07-26 15:37:00

Teacher, could you explain this section in more detail? How can we achieve this in daily life?


Ekamantaṃ ṭhitā kho sā devatā
bhagavantaṃ etadavoca – ‘‘kathaṃ
nu tvaṃ, mārisa, oghamatarī’ti?
‘Appatiṭṭhaṃ khvāhaṃ, āvuso,
anāyūhaṃ oghamatari’nti.
‘Yathā kathaṃ pana tvaṃ,
mārisa, appatiṭṭhaṃ anāyūhaṃ
oghamatarī’ti? ‘Yadākhvāhaṃ, āvuso,
santiṭṭhāmi tadāssu saṃsīdāmi;
yadākhvāhaṃ, āvuso, āyūhāmi
tadāssu nibbuyhāmi [nivuyhāmi
(syā. kaṃ. ka.)]. Evaṃ khvāhaṃ,
āvuso, appatiṭṭhaṃ anāyūhaṃ
oghamatari’’nti.

Translation:

A celestial being standing to one side asked the

Buddha, ″How did you cross the flood?″

“Friends, I cross the torrent without stopping

(or: standing still) or exerting force.”

“Friend, when I stop, I drown; when I exert myself, I am swept away. So I cross

the torrent without stopping or exerting myself.”

I understand this principle, release take no
I’ll try, but how can I do it? There are so
many things in life.

Wind 2021-07-26 15:37:36

This passage is a record of the
Buddha’s teachings in the Pali
Canon, explaining a principle that
the Buddha summarized as the
Middle Way.

When the Buddha was still Siddhartha, he studied under various masters of the time and learned the highest stage of meditation.

River water

But he discovered that those suppressed feelings, like silt that had sunk to the bottom of a river, were all subdued when he was in a meditative state.
But when he emerged from that intense focus, feelings and thoughts enveloped him again, as if stirred up.

Siddhartha then continued his journey, learning about asceticism from Jain monks. He underwent six years of asceticism but did not experience liberation.
The idea of the Middle Way came to him in a moment of extreme disappointment when he heard a musician say, "When the strings are too tight, you need to loosen them." Similarly, when the strings are too loose, you need to tighten them. This understanding helps you grasp the meaning of that passage.
When you stop

releasing,
you need to
remind
yourself to
release;
but when
you are
suppressing
, you need
to remind
yourself to
relax.

The Sound of Clouds Drifting (July 26, 2021) 15:45:25
@风嗯嗯, thank you so much, teacher, I understand.

July 26, 2021 Emotions are how you define yourself; desires are your intentions.

Tong 2021-07-26 15:41:00
@Feng , teacher, what are the differences in feeling between the fear of death and the emotion of fear? Is it just a difference in degree?

Wind 2021-07-26 15:45:17
Emotions are how you
define yourself; desires
are your intentions.
When Lester was developing the Release Technique as he
approached death, he didn't deliberately release his
emotions. The first question he asked himself was, "What
is true happiness?"
When he was highly focused, he spontaneously entered what is known as
samadhi.
Some memories entered his consciousness, and they
gave him the answer: to love is happiness; to be
loved by others is not happiness.
This led him to release his
desire for validation during the
first month, and only in the
second month did he realize he
needed to control it.
The last month released the fear of death.

So Lester later told his students that if he had six
steps, he could have done it in less than three months.
Why was that?

Because the six-step process doesn't

require you to search for a specific
type of Lester, sometimes it will stop
when he releases it.
That's because he didn't have six steps.
Even when trying to control himself, he still tries hard to
feel a desire for acceptance. The six steps tell you that
all feelings are desires for control, acceptance, and
security. Immediate release only takes one to two months
@2021-07-26_15:55:14

Tong 2021-07-26 15:55:14

Why does the course say that if you become aware of a desire, you will automatically let go because it's human nature? My desire release is shallower than my emotion release. I know I'm doing it wrong, but I still find it difficult to perceive the feeling of desire. Is it because I haven't practiced enough? @风

Wind 2021-07-26 15:55:54

This is a problem I've
encountered before: releasing
desires is more natural than
releasing emotions.

Lester told you that this method has
one advantage, actually two
advantages.
However, one of them is something everyone should have heard of: high efficiency.

Tiancheng 2021-07-26 16:05:02

One release is equivalent to several months of meditation.

Wind 2021-07-26 16:05:06

Another benefit is that when you change how you feel about something, you'll feel less...
That's terrible

Therefore, releasing desires has these two major benefits.
Tiancheng 2021-07-26 16:05:58

@Why is the wind
like this? Wind 2021-07-26
16:05:59

The true method of liberation is to release only three desires.
The meditation mentioned here refers to a series of methods to quiet the conscious mind. (Tiancheng, 2021-07-26 16:07:01)

Is releasing energy for one day really
equivalent to meditating for 6000 years?
@Wind, that's an exaggeration!
Wind 2021-07-26 16:07:19

certainly
Natural evolution takes millions of years.
Only then can one reach a

state where perfect consciousness can be accepted. (Tiancheng, 2021-07-26 16:07:51)

Isn't it a million years?

A million years is a cycle time. (The sound of clouds drifting by, 2021-07-26 16:14:29)

Teacher, I don't understand what "try to feel your feelings in a different way" means. Does it mean replacing the way of releasing emotions with the way of releasing desires?

Wind 2021-07-26 16:14:44

Well, this is the key point I want to make. Someone just asked a very practical question.

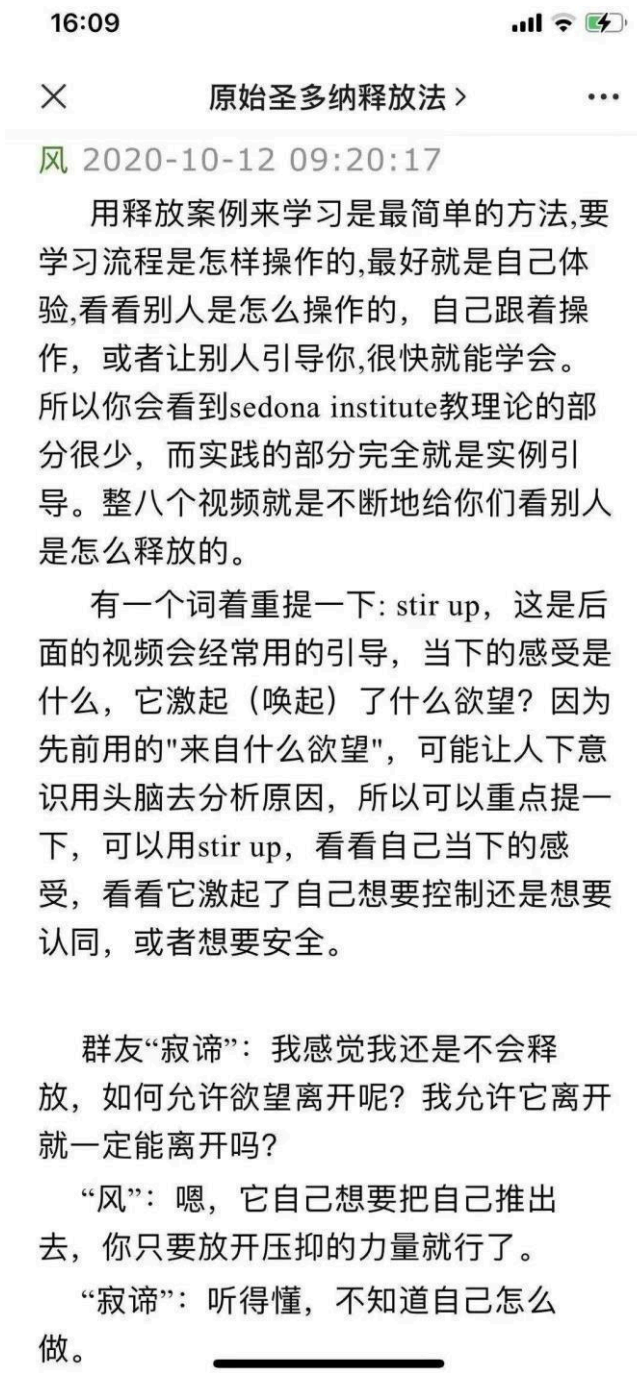
This is also a problem I encountered during that period.

That is, releasing desire feels less profound than releasing emotions.

This means you haven't learned to release your desires . (Yitian, 2021-07-26 16:16:47)

You said that getting to know "want" requires practice, but how exactly do you practice that? @风

Susan Lee 2021-07-26 16:16:56



Wind 2021-07-26 16:17:03

Actually, the exercises in the course are

sufficient, but I could go into a little more detail.

Susan Lee 2021-07-26 16:17:22
stir you mentioned Is up important?

Wind 2021-07-26 16:17:41
This word can be a useful
tool. (New Times, 2021-07-26 16:17:58)
When you become aware of a desire, you may only feel a slight inclination, not a very strong desire. Should you become more aware of this subtle feeling and try to strengthen it, or should you simply release this subtle desire?

Wind 2021-07-26 16:17:58
However, not using it doesn't
prevent you from learning to
release desires—directly
releasing this gentle desire.
Some releases are very subtle.
The course actually tells you that some releases are very subtle.

After you release that urge, you can ask yourself, "Do I
still have any lingering desire for
identification/control?" Even a slight tendency is still a
possibility.

Peace of mind and freedom 2021-07-26 16:19:47
@Wind I realized I was releasing my desires and left very quickly, without even having time to ask a question. I released them like that for a while, but now I don't feel that way at all.
Wind 2021-07-26 16:20:05
It's normal to sometimes forget
how to release; releasing is a
person's most natural ability.

But enough mental content can hinder this ability.

Susan Lee 2021-07-26 16:20:57
How could you forget to release
it? It's all because of your mindset.
(2021-07-26 16:21:13)
Forgetting to let go doesn't
mean you haven't learned
enough or accumulated enough

knowledge.
It's because you've accumulated too much.
When you accumulate a lot, you are
developing your mindset, which can
obscure/weaken your ability to
unleash your potential.

This is also why I advise everyone not to modify/share/release experience.

on July 26, 2021, doesn't mean there's a god counting down the days next to you.

Wind 2021-07-26 15:59:22
I just mentioned a principle

Release doesn't involve a deity counting each release; you'd better ask yourself how you feel.

You can feel yourself becoming lighter and lighter.

Issues with the survival program (July 26, 2021)

Yitian 2021-07-26 16:02:29

@Wind , is the sense of feeling a survival program of the body or the survival program of the ego ?

Wind 2021-07-26 16:08:33

Let me briefly answer the question about survival programs. Lester said that all feelings are survival programs.

Because you set up a mind, and the mind is the ego ; the ego created three bodies.

With each creation you identify with a new one.

When you accept that you are a physical body, you will inevitably develop a fear of death because the body has limitations.

This fear of death is the desire to survive, the most basic survival instinct.

The desire for approval and control, and all emotions, develop from this foundation.

2021-07-26 All physical experiences are not the release itself.

2021-07-26 16:08:16

@Teacher Fengfeng, when I release, I feel a feeling of expansion in my nasal cavity, forehead, or eardrums, and my chest and abdomen seem to be contracting. Is this a correct release?

Wind 2021-07-26 16:11:52

All physical experiences are not the release itself.

The only physical experience is that continuous release will inevitably lead to a surge of vitality/energy throughout the body.

Releasing the fear of death may bring
physical pain, but that is not inevitable.

Tiancheng 2021-07-26 16:13:42

Did you have this
experience back then ? (2021-07-26
16:14:12)

I've only experienced it twice.
And it wasn't that strong.

2021-07-26 Regarding goals, you need to release them until they are completely yours.

Wind 2021-07-26 16:20:05

It's normal to sometimes forget how to release.

ZOEY 2021-07-26 16:22:26

It feels very profound and joyful to continue for a while, but as soon as you stop, even for a few hours, you feel like you want to start over. Does this mean you're taking one step forward and two steps back?

Wind 2021-07-26 16:22:43

You didn't return that much.

This means that a deeper feeling has emerged.

ZOEY 2021-07-26 16:23:26

At times like this, I feel particularly frustrated, as if I'll never reach the finish line. (2021-07-26 16:23:28)

Regarding the goal, you need to release it until it is entirely yours.

ZOEY 2021-07-26 16:23:54

Are you referring to me specifically? (Wind, 2021-07-26 16:24:32)

I'm referring to the general situation.

The Sound of Clouds Passing By (July 26, 2021) 16:25:03

Does it mean reaching a state of certainty, like knowing for sure whether you are male or female ? (2021-07-26 16:25:27)

Yes

Your analogy is excellent.

You don't need to repeatedly confirm whether you are male or female.

you reach your limit on July 26, 2021 , you are better able to face the fear of death.

Susan Lee 2021-07-26 16:25:27

Is the fear of death only triggered when the cap is reached? (Wind, 2021-07-26 16:26:05)

That's not the case.

However, when you reach your limit , you are more capable of facing the fear of death, and you are more courageous in confronting it.

What is the key to releasing disease? (July 26, 2021)

New Times 2021-07-26 16:27:24

What is the key to releasing disease? (Wind, 2021-07-26 16:27:41)

Regarding the release of symptoms, you need to allow the pain to be expressed, and you need to continuously release the symptoms that are not getting better.

You need to face the possibility that "the illness will never get better" and release all the feelings that this thought evokes.

Susan Lee 2021-07-26 16:28:40

@Teacher Feng, what about releasing a loved one from cancer?

(2021-07-26 16:28:52)

Should we also release information about a complete recovery from illness ? (2021-07-26 16:29:06)

This is something that doesn't require special attention.

Once you release all your feelings, you'll immediately know you're completely healed.

Susan Lee 2021-07-26 16:29:29

Does he need to release his feelings that his illness is incurable?

(Wind, 2021-07-26 16:29:51)

Yes, see how much it can evoke in you.

Susan Lee 2021-07-26 16:30:19

Even if he were to die, do I need to release this feeling? This feeling is very strong; does it need to be released into love?

Wind 2021-07-26 16:31:14

Yes, you can release it , but you need to be careful.

Susan Lee 2021-07-26 16:31:32

Okay, this is so hard, so difficult to face.

Wind 2021-07-26 16:31:44

This is a misunderstanding.
You don't need to convince yourself to face the outcome; you need to pay attention to your feelings.
Sometimes you use mental struggle instead of release.

Susan Lee 2021-07-26 16:33:21

Teacher, will it get better and better as I continue to focus on this goal, or will it improve once I successfully achieve it?

Get better all at once

Wind 2021-07-26 16:34:50

It depends on your mindset.
There is no formula for achieving a goal.
This thing we call the world follows only your thoughts.

Susan Lee 2021-07-26 16:35:58

I certainly hope he gets healthier
as the process continues, but his
current condition is very bad.

Wind 2021-07-26 16:36:24

If you try to look outward for feedback, it means
that you subconsciously believe he or she is bad;
this subconscious image constitutes the
manifestation of the world.
Therefore, both of the situations you described are your own creations.

2021-07-26 Freedom doesn't create anything; it merely ends the illusion.

Lanruo 2021-07-26 16:36:58

@Fengfeng , Lester said, "There is nothing outside of your thoughts." So, you are also a picture in my mind. But I've already projected a free you and Lester, so why am I not free yet?

Wind 2021-07-26 16:37:37

You are inherently free, but your
mind has obscured it. Freedom itself
does not create anything.
It's just ending the hallucination.

July 26, 2021, Lester Levenson (The Sedona Method) supports all those who apply the release law.

SH 2021-07-26 16:37:17

Could you, wind, inject a little of this into us all? (Tiancheng, 2021-07-26 16:39:56)

It would be best to let the master directly set you free [laughs]

Wind 2021-07-26 16:40:15

If you truly desire freedom, Lester Levenson (The Sedona Method) will provide it to you.

I'm not kidding, Lester has been supporting this work; he's supporting everyone who uses the release law.

2021-07-26 When you release your mind, you will, like in that metaphor, suddenly see " the back of the comb".

Elekson 2021-07-26 16:30:06

@Teacher Feng, after I gain freedom, do I have to leave Earth? I'm just reluctant to leave my parents; I'm afraid they'll be sad if I leave. I think my parents will also be relieved after I'm free, right?

Tiancheng 2021-07-26 16:43:38

@Wind, after you left Earth, did you go to Jingju (a place for spiritual practice) ? (2021-07-26 16:44:08)

Regarding the question of leaving Earth after gaining freedom. The delivery of this message has caused many people to misunderstand it . (Elekson, 2021-07-26 16:44:29)

Big news!

The Sound of Clouds Passing By (July 26, 2021) 16:44:32

@After gaining freedom, will he abandon his family? Could he use his superpowers to make their lives better?

[Laughs]

Tiancheng 2021-07-26 16:44:34

Many people fear freedom

SH 2021-07-26 16:44:36

Most concerned about this

Tiancheng 2021-07-26 16:44:43

Once free, I will leave Earth.

That's why I don't talk about this with many people.

New Thoughts 2021-07-26 16:44:50

Didn't they say that even after gaining freedom, one can still live a home-based life? (Yun Piaowo's Voice, 2021-07-26 16:45:28)

I've always been afraid of this; I'll leave the

wind. (2021-07-26 16:45:30)

First, the masters agree because when you release your mind, you will, as in the analogy, suddenly see "the back of the comb," so the message itself is not important.

Tiancheng 2021-07-26 16:46:28

Then what?

Wind 2021-07-26 16:46:51

When you attain the Samadhi of "Nabhika," you will intuitively know everything; however, do not fear freedom.

You can watch Lester Levenson (The Sedona Method) 's video.

He said a few words
You can own the entire universe; you can even replicate it and create another universe. Therefore, although the masters are supposed to leave Earth, you can quietly move your family to that replicated universe. In fact, many masters have done this to create the illusion that they never left.

Elekson 2021-07-26 16:49:28
That's great! [Laughs] I was just afraid that if I left, my parents would be heartbroken. (Clouds Passing By, 2021-07-26 16:49:37)
I'm so happy I could explode today! [laughs] Thank you @风so much!

Tiancheng 2021-07-26 16:50:53
The first time I heard it, I was blown away by the master.

Wind 2021-07-26 16:51:31
This isn't new knowledge; Lester Levenson (The Sedona Method) 's intensive course videos already covered it. (2021-07-26 16:52:06)
I feel completely free of worries now, haha [laughs]

from July 26, 2021 is not important; what matters is the path , the road.

Yiman 2021-07-26 16:50:18
@Feng, Teacher Feng, I'm wondering who Anastasia is in the meditation on the cedar tree? Does she really exist? Feng 2021-07-26 16:50:40
Don't focus too much on spiritual messages [laughs]
Susan Lee 2021-07-26 16:51:16
@Teacher Feng, I'm very curious to know if Mo Zi from Taiwan has attained enlightenment? His message is very different. (Feng 2021-07-26 16:52:29)
Why are you reading these messages? The messages are unimportant.
The important thing is the path , the road.
The only important message is the message from

the ″Nabhikāpa″ samadhi; the message you read is not of much significance to you.

SusanLee 2021-07-26 16:54:48

@WindIsGoodI'm not agonizing over it anymore. Only the Release spell can grant me true freedom . 2021-07-26 16:55:06

@SusanLee He's definitely not an enlightened being; free people all live in seclusion.

Wind 2021-07-26 16:55:32

Currently, in China, including Taiwan, there are only three enlightened individuals; in the future, among those practicing the Liberation Method, there may be one more.

But he won't come out and say he's free. (Tiancheng, 2021-07-26 16:56:26)

Absolutely not?

In other words, anything said must be false . (2021-07-26 16:56:53)

There's always a reason why a master is willing to step forward as a master.

The reason I am willing to communicate with people in this capacity is because I am a transmitter of the Dharma of Release, and the Dharma of Release only needs one transmitter.

Therefore, even if someone is free, he will absolutely not come out and let anyone know. (Tiancheng 2021-07-26 16:59:15)

Is this your karma? (Wind, 2021-07-26 16:59:34)

You could say this is my karma.

Just like Lester Levenson (The Sedona Method) said, a bad karma [laughs] Tiancheng 2021-07-26 16:59:56

Why don't that lady and Kam spread the Dharma? @Wind They are more 早free.

Wind 2021-07-26 17:00:41

Because Lester Levenson (The Sedona Method) is not an Avatar, he is not a typical mentor.

Therefore, he mainly came back to help his former students.

Those who came into contact with the Liberation Law were either Lester's students or people connected to Lester. This is why Kam and that lady didn't preach the Law at that time.

Because the students from Lester Levenson (The Sedona Method) haven't returned yet. (Tiancheng 2021-07-26 17:03:15)

What's the meaning

In other words, there's no need to

elaborate too much on the fact that
Lester's past-life students haven't
returned to Earth.
Because in the "Nabhikāpā" Samadhi, you will know everything.

Continuous release is necessary; it's one of the six steps. (July 26, 2021)

Yitian 2021-07-26 17:06:07
As long as the release continues, does that count as completing the six steps? @风风
2021-07-26_17:06:26
Yes, look at the three steps summarized at the end of that course. (Tong
2021-07-26 17:07:17)
@Can the "Nebikkapa" samadhi only be achieved through continuous release of wind? Or will samadhi be entered after releasing enough desire?
Wind 2021-07-26 17:07:56
Continuous release
is necessary; it's
one of the six
steps.

Susan Lee 2021-07-26 17:08:20

When releasing, the sensation is like waves leaving. Does this wave refer to physical sensations? Does it mean the feeling becomes increasingly pleasurable? (Wind, 2021-07-26 17:08:35)

Not a physical sensation
But feelings are composed
of living particles, and
emotions are also composed
of living particles.
The term "life particle" is Yogananda's
translation of the yogic concept of Prana;
therefore, one will feel the dissipation of
energy upon its release.
If you keep releasing, it's like a wave.

2021-07-26 When you allow deeper garbage to come out, your emotions will subside.

Yitian 2021-07-26 17:08:45

If each release is "more" easy and pleasurable than the previous one, wouldn't you reach the sky's limit after just a few dozen times? So why do some people say they haven't seen much change even after releasing thousands of times?
Wind 2021-07-26 17:10:44

No.
dig down
When you allow deeper garbage to come out,
your emotions will subside, but that's good.
That was in the face
of deeper garbage . (2021-07-26
17:13:04)

My understanding is that the lower will become lower, and the higher will become higher, like a swing in the wind. (2021-07-26 17:14:03)

Yes, Lester Levenson (The Sedona Method) mentioned this.
In the intensive course, he used the word " roller". coaster

2021-07-26 Process: Let the feeling come out, categorize it as a desire to control or a desire to be recognized, and let it go.

New Thoughts 2021-07-26 17:10:51

@Fengfeng , is everyone in our group right to be releasing things as they are now? Should we just continue like this, or...?

return?

Or do we need to change it?

Wind 2021-07-26 17:12:05

It

requires

relearning

, not

changing.

SH 2021-07-26 17:12:44

I've always had a vague feeling

that I was using the wrong process. (Wind,

2021-07-26 17:13:08)

Process, release process

That's what Lester Levenson (The Sedona Method) said.

Let the feeling come out, categorize it as a desire to control or a desire to identify, and then let it go—this process is the release process.

2021-07-26 Questions are tools

Tong 2021-07-26 17:14:17

@Wind, is the desire we want also located in the center of feeling? When I release my desire, I don't feel a specific location. Is the emotional body a life particle? Is the desire we want like a workbook , something you can pick up and use?

Wind 2021-07-26 17:14:39

The sensation center is a tool

Actually, one problem is that you often treat the tools provided by the course as a limitation, like a workbook is a tool you can pick up and use.

But that doesn't mean you have to use it.

Focusing your attention on your feelings can help you better connect with them.

But this doesn't mean that after you've become aware of your emotions and desires, you must force yourself to focus on your feelings.

Do you understand now?

ZOEY 2021-07-26 17:16:47

I've found that when I release in a relaxed state, there's no time to think about where I want to be; I instantly identify and release. Is this the right approach? @Wind

Understood

Wind 2021-07-26 17:17:57

Yes, you don't need to complicate it.

That's why following the course is necessary; the course itself is a good design.

You'll find that it emphasizes the feeling center from the beginning.

Because before you learned the release technique, you rarely had contact with your own feelings, you need this tool to help you.

However, the experience center was rarely mentioned later in the course.

Because when you try to feel your desires, you easily realize that you no longer need this crutch.

2021-07-26 17:19:33

After asking "Can you let him go?", is it more beneficial to answer "yes" or "no" to facilitate his release, or is it better to answer or not at all?

Yes, it won't affect anything.

Wind 2021-07-26 17:19:45

课程最后，问的已经很少了
问句是工具
当你需要用时，当然，拿起来用

但当你意识到欲望后已经释放了，你为什么还要到处找工具？[大笑]

课程视频，workbook，当你要用时拿起来用
但是，最后你只需要六步骤
当你只需要六步骤这一个工具的时候，你就在路上

2021-07-26 I will only come back once a day on dasin .

Tiancheng 2021-07-26 17:22:07
teacher
Could you please
stay a little
longer and help
me?
Wind 2021-07-26 17:22:37
Before today, all the masters
will depart again until the
next dasin day.
Tiancheng 2021-07-26 17:22:54
What do
you mean
by leaving
again?
Wind 2021-07-26 17:23:03
They will all leave.
Didn't they
already leave? (Wind,
2021-07-26 17:23:13)
We will only come back once
a year on Dasin Day . (Tiancheng,
2021-07-26 17:23:48)
In other words, you will come back in the future.
Has Master Babaji returned
today? (Posted by Feng , 2021-07-26
17:24:04)
But I won't reveal this time.
Not all masters will
return today; you can
choose to come back.
Just like us who have bad [
Laughing] Tiancheng 2021-07-26 17:24:31

Even if you have
achieved
ultimate
freedom, do you
still have
karma?
Wasn't it completely
released? (Wind, 2021-07-26
17:24:56)
Of course, without a trace of
karma, I will merge into infinity
and will no longer be controlled
by karma.
Tiancheng 2021-07-26 17:25:18
There's also
the desireless wind
(2021-07-26 17:25:18)
I can decide to release it at any time.

Tiancheng 2021-07-26 17:25:24
It's after today, right ?
(2021-07-26 17:26:46)
Before today
Before the end of today, Tiancheng 2021-07-26 17:27:27
For me
[Facepalm]
Please be selfish and help me.
Wind 2021-07-26 17:27:50
Sorry, this is God's plan . (2021-07-26 17:28:04)
All right
Wind 2021-07-26 17:28:07
Even for your sake, I must leave Tiancheng. (2021-07-26 17:28:17)
Why?
(Wind, 2021-07-26 17:30:13)
You already have a method.
My staying here is holding you back and hindering your growth.
Tiancheng 2021-07-26 17:31:00
Um
I relearned from the teacher
Before you leave, could you give me your blessing and see me one last time?

Even five minutes

[Facepalm][Facepalm][Facepalm]

You promised to

meet me, Wind. (2021-07-26

18:24:23)

I will not meet you as a master.

Once I've finished and am

actually back, I won't offer any

guidance.

Tiancheng 2021-07-26 18:25:01

What does

that mean? (Posted by

Feng on 2021-07-26

18:25:38)

I will come back, but no one will know I

am Feng Tiancheng. (2021-07-26 18:26:00)

That means you will return to this Earth.

What does this mean after you finish?

Wind 2021-07-26 18:26:47

Those plans were completed .

(2021-07-26 18:26:55)

God's plan?

After completing this, will you return to Earth and live in seclusion?

2021-07-26 Based on your inner feelings

Tong 2021-07-26 17:27:28

@Wind, after each release of a desire, will the next one always appear automatically? Is there a delay? If I don't notice the next one after releasing one, does that mean it's stuck?

Wind 2021-07-26 17:28:33

Based on your inner feelings

Every time you release, you can experience the feeling afterward. (Yiman, 2021-07-26 17:29:07)

@Wind, after each release, do you wait in a relaxed and pleasant state for the next feeling to automatically emerge before releasing again? Wind 2021-07-26 17:29:10

You can see what this feeling is like.

You can also look at your goals, or what you want to release. As long as you can continue to release, do it at your own pace.

2021-07-26 The real fear of death always surfaces suddenly when you're not prepared.

Yilin 2021-07-26 17:29:29

@Wind, please ask: When I actively and directly release my fear of death, I do experience feelings that surface and leave, but I know those aren't true feelings of fear of death. They always surface suddenly when I'm unprepared. Am I not releasing them because I want to control them and want them to be accepted?

风 2021-07-26 17:31:29

让感受出来

然后，辨识出它是想要控制还是想要认同，或者想要安全允许它离开

你意识到什么感受，你就释放什么

如果你感受不到情绪，你可以运用这个方法来让辅助你感受到

Yilin 2021-07-26 17:33:16

@Thank you for the wind

2021-07-26 When you directly experience desire, you don't need to go back to experiencing emotions.

New Era 2021-07-26 17:35:43

Is it better to release desires to release goals by directly releasing my desires for the goals, or to first feel the feelings about the goals and then trace back to the desires?

Wind 2021-07-26 17:36:26

情绪表是一个工具
当你感受不到欲望的时候，你先感受到情绪，然后感受驱动它的欲望当你直接感受到
欲望的时候，你不需要回去感受情绪
这些在课程中都有

New Era 2021-07-26 17:37:44

OK

2021-07-26 Follow your inner feelings

Yilin 2021-07-26 18:02:53

@Wind Can you release all your feelings about a person by simply writing down that person's name and then watching the name release different feelings that surface over and over again?

Wind 2021-07-26 18:03:06

If it's useful to you, that's fine too.

Yilin 2021-07-26 18:04:04

@Wind can use whatever method it likes, as long as it's within the six steps, right?

Wind 2021-07-26 18:04:29

Follow your inner feelings

Yilin 2021-07-26 18:04:26

Thanks

2021-07-26 wants are also feelings

Zhao Jiaman 2021-07-26 18:06:17

@FengLeist said that we will eventually come to a place that is always in agreement with our beingness . Is there any special relationship between this state of agreement and the six steps or one of them?

Wind 2021-07-26 18:06:46

As Lester said, the only thing separating you from beingness is your feelings.

Released, you are

now Yitian (2021-07-26

唯一隔阂为什么不是 want 而是 feelings?
风 2021-07-26 18:09:05
因为 wants 也是 feelings
倚天 2021-07-26 18:11:45

18:08:08)

风 2021-07-26 18:11:58
wants 就是想要

2021-07-26 Your only guru is yourself.

Wind 2021-07-26 18:13:24
Don't worship external masters; your only teacher is yourself [laughs]. Be independent, which is one of the reasons why masters leave.

Note 1: The chat log from July 26, 2021, is from the "Tiancheng" group and was forwarded by "Yitian".

Note 2: The three steps of the six-step practice method described by Feng are found on page 85 of the exercise book. Page content: "By following these three things, you will quickly achieve a state of calm and tranquility."

1. Simply release these three desires.

2. Let it continue and release immediately.

Allow the desire for recognition, control, and security to arise in your consciousness, and then immediately let it leave.

3. Make it a tool that you can do yourself.

You now possess everything you need to complete the journey and reach a state of tranquility.

Q&A

Wind: Desire is released when it is brought forth. If not, return to the beginning of the process. Relax your body and feel it again. Identify what the desire is and let it go. Keep it simple and easy; repeated practice will allow you to master it. Thinking and analyzing will make it increasingly difficult to release, because the mind only plays back past experiences.

Q: What should I do if I don't want him to leave?
Feng: Then say "no" and proceed to the next step.

Q: Is the inner child the mental body?
Feng: You've introduced a concept of psychotherapy. But those concepts are inaccurate; our current psychology is based on some flawed assumptions.

"Everyone is combining release with something else, and when you do that, you slow down the release. If you need something else, you slow down the method."
When using the release method, any addition weakens its power.

Q: After you're completely free, do
you know where you're going? A: Yes.
Q: Do you really know, or is it just a direction?
Will the physical body suddenly disappear? Wind:
No, unless you consciously make it disappear.
Q: Is that a general direction or something more specific?
Wind: It's very specific, but it's intuition rather than thought, more certain than thought. (Because I'm going into seclusion in a few days, I'll try to answer questions related to actual release. Seclusion for me means returning to a normal life.)
Following this, there are six steps, with course videos and Lester Levenson (The Sedona Method) audio materials, which are sufficient to support everyone in completing the entire process. No teacher is required.

Q: Is it difficult to release fear?
Q: Releasing emotions is so important, so why can Pa Auk Sayadaw meditation

lead to liberation if emotions are not released? Is it only suitable for those with few emotions to meditate ?

Wind: Releasing anything is not difficult; simply release it as a feeling. There are 112 ways to do this. The method of release is the most suitable for our times.

Q: I'd also like to ask what flawed assumptions psychology is based on? This question has been bothering me for a long time.

Feng: Lester has discussed this issue. Psychology believes that emotions are normal, and you just need to adjust them. But emotions themselves are programs, and these survival programs are actually anti-survival.

Feng: As I mentioned before, I've been involved in spiritual practice for many years, but I've never been involved in the spiritual community or the spiritual world. I've always practiced meditation quietly, and after encountering the release method, I released things quietly. So I have no inclination to become a teacher.

Q: Teacher Feng, you're here. I can't seem to get any questions out. Could you guide me on how to address my specific issues? I believe you understand everyone. Feng: It's best to use a standard procedure for release.

Q: Do I have to ask this question before releasing it, or can I just release it directly?
Wind: The issue of releasing desires is very simple, just a sentence or two. But those sentences contain a complete process (follow the video; during the learning phase, practicing with the video is the best way). When consciously releasing desires, apply it.

Q: Just asking this question makes me feel really upset.
Wind: You mean feeling like waves surging forth.

Q: At this point, is it okay to just know that it is a desire, a mental process, without further distinguishing which desire it is ?
Wind: Once you truly get used to releasing, you'll find it easy to release. You need to spend more than 50% of your time releasing each day for the habit of releasing to surpass the habit of suppressing.

Q: What should I do if I
always cry during
release? A: Then cry your
heart out.
Q: I always cry when I release my desires. Should I wait until I'm done crying before releasing them again? Doesn't the emotion disappear after releasing the desire? Am I releasing my emotions incorrectly because I keep crying?
Wind: The efficiency of the release method is beyond human imagination. If it truly is the release method created by Lester.

Q: When do we stop using questions?

Feng: At that time, you naturally knew there was no need to ask. But once you stop, you have to operate according to the procedures.

Q: In a love story, is it necessary for Lester to have flashbacks to past scenes?

Wind: Using memories to evoke emotions is one method, but that's the elementary school approach. The graduate student approach is... Release the stifling feeling only. Release only the feelings that are currently blocking your senses. Release one, then another. When feelings of wanting to control or identify arise, release them. Until the fear of death arises, allow them to surge forth, surge forth like waves.

Q: So, this kind of graduate student style usually doesn't show any visuals, right? Because the release is too fast, while the elementary school student style is easy to get into. A: The graduate student style usually doesn't show any visuals.

Q: I read the group admin's diary entries, and they always seem to experience joy. I do feel relaxed and peaceful, but I haven't felt joy yet. I know I need a release method, but aside from the designated time for it, I always try to escape by playing on my phone or finding other things to do. Is it because the surface-level issues haven't been properly addressed?
Wind: You're releasing it a bit too slowly. Or rather,

there's something wrong with how you're using this method.

Q: I've been releasing it every day, but it's still like

this. I feel like something's wrong.

Q: I always need to feel a strong sense of control and self-affirmation. Only then do I feel like I'm releasing that sense of control and self-affirmation. Why is this happening? And how can I fix it?
Wind: No need for that. Just follow the simple procedure.

Q: Just follow the simple process. Could you briefly explain what the process is?

Q: When I release, I start hiccuping after taking only the first two steps, and I hiccup for two hours after sitting for two hours. Is this normal?
Feng: I shouldn't answer your questions with analysis, because the method is experiential; it doesn't need that. You just need to answer and then proceed. If it doesn't work, go back to the beginning, practice the process once, then practice it again, until you truly master it. The simpler you are in doing it this way, the faster you'll learn. You can offer some assistance, but keep the process as simple as possible.

Q: Can you check if my process
is up to standard? Are you
feeling impatient?
Yes.
Do you want to get rid
of this feeling of
impatience? Yes.

This feeling is a
desire for control.
Can you let Him
leave?
able.
Has He
left? Yes,
He has
left.
Wind: Yes

Q: I've been practicing for a while, but I haven't felt a significant sense of relaxation and joy. Is it because I haven't released my emotions yet? A: Just follow the simple process.

Q: Okay, thank you, teacher! In the video, the teacher mentioned feeling in the chest and abdomen. Were those three questions asked by the mind? I felt like they were asked by the mind.

Wind: It is the mind that asks, of course it is the mind that asks.

Q: What is the relationship between that and the chest and abdomen? I'm a little confused.

Wind: Don't summarize the process in any words. Lester never wrote a book about release techniques during his lifetime. Practice with videos. You can only learn to release by watching others release and experiencing it yourself.
The chest and abdomen are sensory centers, but the precise sensory center is the heart chakra. However, sensations can also be felt in the chest and abdomen.

Wind: My purpose in seclusion is because the path to liberation doesn't actually need a teacher. If I were to remain here answering a multitude of mental questions, it would actually be an obstacle.
The method is actually quite simple: when you try to communicate, you're actually trying to find a mental understanding. That's why I say communication is essentially about mentally misleading each other. If you ask me, I can't offer anything new. Follow the six steps and continuously release your understanding. These six steps are everything you need to know at the knowledge level.

Q: I've been practicing for a month, and I've been working very hard every day. But I haven't found any joy in it. I'm wondering if I need to find an experienced fellow practitioner to help me release my desires.
Wind: It's best not to do that.

Q: I've watched the videos too, but for those who haven't reached that level, they need a crutch to hold onto. Otherwise, some people can't even persevere, and at least your presence gives them some confidence.
Wind: If you haven't mastered it, go through the process again until you do. But if your mind is full of other people's ideas... If you try to turn your experience or tricks into methods, you'll go astray. That's why I don't recommend people summarize their experiences into methods. Always go back to the original process.

完整的流程
首先你要放松身体，一旦你发现自己在用力做释放，需要停下来放松身体。
每次在用力挤压时都这样做。因为很多人因为过去的错误习惯，习惯了去用力。
释放时如果你试图找一种感受，那就是在逃避当下的感受。你全天候二十四小时逃避着当下的感受。

Q: I only release during the designated time of day, avoiding releasing at other times. I really want to change, but I can't. What should I do? A: Release according to its nature.

Q: What should I do if I always want to avoid doing exercises?
Wind: Notice when to release. Release is simple and easy. Release is not an activity that requires a great deal of effort. Some people may have a misconception about release due to previous incorrect practice methods.

Q: My feelings are always unclear, and when I try to find those feelings, I end up adding thoughts into my mind.

Wind: Accept the vague feeling. A vague feeling is a feeling, and you need to recognize that. You don't exist without feelings . You only exist when you don't perceive feelings as feelings. Lester specifically mentions this vague feeling. Vague feelings arise because you are avoiding feelings; go and experience your vagueness.

Q: Have you been cultivating the Dharma of Release in all your past lives? Feng: No, the Dharma of Release is being introduced for the first time.

Q: How to feel desire is my biggest challenge. Right now, it's a feeling in the mind or a sensation in the body. Wind: When you ask yourself a question, is it a thought in your mind?

Q: For example, if I ask myself now, is feeling disappointed because I want to control it? Yes.
Wind: This represents the stage where you move from releasing emotions to releasing desires. You can trace your emotions back to your desires, which is also how the course is conducted. Once you are familiar with this, you can directly release your desires.

Q: When I release energy, there is also a flow, but it's a large area flowing, not like it "whooshes" out all at once. What is the reason for this?
Wind: Relax a little more.

Q: What directly affects the speed of progress for each person? In other words, what determines the speed of progress for two people with similar habits who practice the Liberation Method together? Buddhism says that the speed of progress is related not only to the level of diligence but also to the foundation built over lifetimes—the accumulated merit (paramita). If one has had correct practice in previous lives, progress will be faster in

this life.
Wind: willpower , the power of intention. That's all it's related to.

Q: How do I increase my willpower? A: Just reduce your willpower.

Q: What if I'm not really willing? But I know in my heart that this is the right direction, how can I increase my willpower? A: Get everything by releasing only. If you have something you want, obtain it by releasing it.

Q: I feel very relaxed and there is basically no more lag, but there is still a large area of lag. Is this still considered lag?
Wind: Follow the process, don't worry about it. The experience will change as you release, but the most basic experience of release is becoming more relaxed and joyful. Choosing to identify with your infinite existence or your body is entirely a matter of free will. To release is to choose to identify with your infinite existence.

Q: Move up = Emotional energy level elevation = Step Six (more relaxed, happier, more joyful), is that correct? Wind: Yes, every release will make you move up.

Q: When it is released, the energy flows to the edge and stops. It doesn't mean that it flows out and disappears. It should mean that it dissolves. Is it stuck?
Wind: This is getting stuck. In fact, you get stuck as soon as you focus too much on physical sensations. Because feeling is a psychological thing, what you're really releasing is this. The physical sensations you experience—coolness, heat, energy dissipation, blockage turning into flow—all of these occur alongside the release of emotions.

Q: If I just feel the emotions without going through any process, will the emotions automatically transform?
Wind: It will have some effect, it will release a little, but it's far less powerful than the release process itself.

Q: What is the relationship between feelings and thoughts? For example, ask yourself, are you trying to accelerate your release? This is something the mind is aware of, so ask yourself.
Wind: Feeling the driving force of thought

Q: So, can we use thoughts to trace our feelings?
Wind: Wanting is a feeling, a basic feeling. For example, in the exercises in the workbook , from which areas do you want to gain control? Where do you want to gain recognition? Doing these exercises is a good way to do so.

Q: If I get stuck at the edge, should I still use step five? Step five works when I first get stuck, but it doesn't work when I get stuck at the edge. What should I do?
Wind: Pay attention to your psychological feelings, not your physical sensations.

Q: What does the phrase "get everything by releasing only" mean? A: It means to obtain everything you want simply by releasing it.

Q: Recently, when I try to release tension, I focus on my chest and abdomen, but I don't feel anything. However, I know I'm trying to control or identify with it. Will this release tension? I can't detect it using the sixth step test either.
Wind: Be careful of your lack of feeling.

Q: Is it normal to burp or pass gas every time I feel like I've released my emotions? A: These reactions are normal.
Q: Is energy being released? A: It's just an accompanying physical sensation.

What does it mean that Lester Levenson (The Sedona Method) always asks you to confirm your gain ?

Wind: This is the purpose of confirming step six. Each release brings benefits. For example, a heavy emotion becomes pleasant after being released. A long-standing habit is broken. A goal is achieved. These are all gains; write them down. They will provide the motivation for continued release. This is also a very important point.

Q: Does not having feelings mean you want to have feelings?

Wind: There is no feeling, it is a vague feeling. Or an indistinct feeling. Consciously paying attention to your vagueness will be of great help.

Q: How do I pay attention to this feeling? How do I release the desire to control it?

Wind: First, notice it, don't rush. If you try to feel it, your feeling is "no feeling." At this point, don't look for other feelings. Just allow this "no feeling" to be here.

Q: So, at this point, you should look at your thoughts about the year and then work backward to figure out what you really want.

Wind: Don't do that yet. First, pay attention to this "no feeling," or rather, the blank feeling. Notice it consciously until you recognize it as a feeling. The lack of feeling, the vague feeling, is just you avoiding feeling. It's not that you really have no feeling.

Your first repressed feeling was the fear
of death (the desire to survive), which
then developed into a desire for
identification and control.
They developed nine
categories of
emotions and numerous
individual feelings.

When we talk about feelings, we're referring to individual feelings, emotions, desires—all of these fall under the umbrella of feelings.

Q: I observed for a while just now and noticed that this blank space indicates anxiety. But what is desired, and the mind needs to trace back to it, tracing back to the fact that you haven't learned to control it yet. Was my approach just now correct?

Feng: This method is fine. Continue the process. You can also directly release this anxiety and familiarize yourself with releasing emotions. Many

people, during the emotion release stage, don't recognize many emotions as genuine emotions. For example, they might think they don't feel anything when they have vague or unclear feelings. But you can't possibly not feel anything; you're avoiding feelings 24 hours a day. You need to train your sensitivity.
You can release the desire to change this vague feeling, and then it will become clear.

Q: After all the releases and the completion of all the procedures, do you feel a sense of joy mixed with sorrow?
Wind: Only joy. If you feel sad, that's a feeling, and you can release it. Joy can also be released. What happens after release? You'll feel even more joyful.

Q: I've found that sometimes my thoughts and feelings aren't in sync. For example, I might think I want to control something, but after I can't let go of it, I realize later that I actually want to change something else. But this feeling is deeply hidden. It seems to require a very deep insight.
Wind: No need. If you add other things, you'll overcomplicate the method. That will render it ineffective. Don't analyze. Try to answer the questions

问：如果拿这个吃东西的状态做例子。

风：尽量用直觉来回答那些问题。感觉到你的想要。问自己是想要控制还是想要认同？问：想要吃东西

风：直觉回答一个问：控制

风：好，允许自己更多地觉察到这个想要控制。然后问自己能不能让它离开？这个流程就结束了。

Q: If I can't find a suitable category for my current emotion on the nine emotion charts, can I directly determine whether it's control or identification , and then release it? Or do I have to find a similar expression on the emotion chart, clarify which emotion it is, and then release it? A: Once you're familiar with releasing emotions, you can practice releasing desires. After you're proficient at releasing desires, you can simply release them directly.

问：想要是不是一种用力的感觉呢？

风：想要就是想要

问：想要是一种抓取的感觉吗？

风：想要控制往往伴随着用力的感觉。想要认同就是你想要被人认同、想要被理解、想要被赞美、想要被爱……

这些概念已经很简单的，因此不要去分析它们。用一系列其他的概念来解释一个概念只是心智的游戏。语言的转换，并不能带给你体验。

Q: Could you give us some guidance in the future? It's easy to get stuck or go astray.

Feng: My guidance is very consistent. Remember the principles. The only thing needed to complete the entire process is six steps. Use the original process; during the learning phase, you can use a workbook as a supplement, keeping it simple.

Q: What happens after the release of pleasure? A: Even more pleasure.

Q: Is Yang Dingyi free? I've always wanted to ask this but haven't dared to.

Wind: Don't make me do this kind of certification anymore. Whether you're free or not, experience it for yourself.

Ramanamahashi is free, as Lester often mentions, but his methods are not applicable.

Q: Okay, allow yourself to be more aware of this desire to control.

I don't quite understand this, could you explain it? Wind: It means allowing yourself to feel it.

Q: The concepts of surrender, non-duality, and non-duality are theoretically feasible, but their practical effects are less efficient than the release method. Is this a correct understanding? A: Very few people on this planet can use this method. Before the release method was developed, Kriya Yoga was the fastest method, which Yogananda called the "Airplane Path."

Q: Can this method be fully self-taught and completed without a teacher, all the way to the end?
Wind: Of course. Those who have achieved freedom through the Liberation Law have all walked their own paths. The students Lester taught, however, didn't achieve freedom. This is because they developed a dependency, which hindered their progress. The Liberation Law is a rocket path. Yogananda passed away after seeing Lester's impending awakening. Lester awakened in April 1952 .

Q: When does one awaken? Is it related to one's cultivation in a previous life?
Wind: There are Avatar and Jivan Mukhtar. Avatar is the descent of someone who has attained complete freedom. Not Surya Kriya. It is the Kriya Yoga from Babaji to Yogananda.
Q: Are all those who awaken through the Liberation Dharma in this life predetermined in their previous lives?
Wind: Awakening is a matter of complete free will. There is no free will in other matters, only in one thing: choosing to identify with your infinite existence or with your body.

Q: Religions all claim to offer liberation, so why haven't these methods emerged within religious sects today?
The wind: It's not about the form of religion. Buddha and Jesus were great teachers. But after many generations, their later disciples did not pass on their teachings correctly and accurately. Lester will talk about this in the video. If you don't want freedom, even if you encounter liberation methods, you won't use them according to the six steps.
Hale himself was a teacher and instructor of liberation practices, but he chose to follow his beliefs, altering the simple process instead of continuous liberation. He then mixed in a little something, then a little more, filling his mind with concepts, which replaced actual liberation to achieve freedom. The desire for freedom transcends karma; anyone can make

that decision at any time.

Q: Should we use the release method for the arising of thoughts or the feelings that follow those thoughts?

Wind: The release method works at the level of feelings. However, if you release at the level of emotional categories, clearing one emotional category would require releasing for thousands of lifetimes. Releasing at the level of the three basic desires only takes a month. Because when you release a basic desire once, all the emotions attached to it are gone. If you release thoughts, it would take thousands of lifetimes multiplied by thousands, which is too inefficient.

The true method of liberation is to release basic desires.

The desire for control, the desire for recognition, the desire for safety/survival (fear of death)

Q: This is what really bothers me. Why do I still want to cry after I release my desires? Shouldn't this emotion just disappear ?

Wind: Continue to release

Q: If you lose a lot of money in business and experience feelings of regret, frustration, and loss, is it true that behind these emotions lies a desire for security, and you then seek to release that desire for security?
Wind: Hmm

Q: Today I tried something that made me exert more effort in my mind. I wrote down the questions, over and over again, filling seven or eight large sheets of paper. I asked and answered them myself. I felt like I wasn't straining my brain as much.
Wind: There's
no need to
write.
Question:
Self-dialogue?
Wind: This can be considered a change to the release process. Because the release method doesn't require any self-dialogue. Just face and release one feeling at a time . If everything comes out at once, of course it will get out of control. So don't rush the release, relax. Release one feeling at a time. Question: How do you release a target?
Wind: Releasing your goal is simple:
release all your feelings about the goal.
Question: Is it also about control and
identification?
Wind: Of course. If there's a desire for safety, then release it. Once you've mastered it, you only need to release three things: the desire for control, the desire for recognition, and the desire for security. This encompasses all feelings; the desire for security lies beneath the desire for control and recognition.

Q: Why not just release the desire for security?
Wind: You can only directly confront your desire for safety after you've released enough of your need for control and validation. Otherwise, you'll continue to want to escape. The desire for control and validation will keep surfacing.

Q: Is everything in the material world manifested by consciousness using

energy?

Wind: The material world is merely a manifestation of thought. All your thoughts, subconscious and conscious, will make it easier to face the desire for security.

Q: In what aspects is it easier to be easier?

The wind: It won't shrink back all at once. The desire for safety is tinged with the fear of death.

Q: From your perspective, could you offer some advice on children's education? Feng: Lester has already given advice.

Lester Levenson (The Sedona Method) 's advice:

It's wrong to leave a child crying; that's not good for their lungs. It's cruel to let a child cry without checking what they need and taking care of it; this kind of care for a child's needs can greatly reduce their insecurity as adults.

Today's education is completely wrong.

If you take an infinite life form and try to force it to memorize things, you will stifle its ability to evolve and its creativity, and you will also stifle its evolution.

Do you need to teach a flower how to grow beautiful? We should have the same attitude towards children. We should allow children to evolve naturally and express their inherent abilities. When you look at it from this perspective, you can see how narrow our education system is. Take universities, for example. They tell you that you must think for yourself, but if your ideas differ from the professor's, you will fail.

During my first semester at university, I was told that now that I was in university, I should be able to think for myself, so I did. As a result, I failed all the subjects in the first two midterms that required me to think for myself.

I was really struggling internally, and finally I asked one of the professors if I could see the exam papers of other people who got high scores.

After reading it, I realized they answered exactly as he had told us. Then I understood everything; if I thought the way he did, then I was intelligent; otherwise, I was dull-witted. Even though he had told me I should think for myself.

So they don't really want you to think for yourself; they want you to think the way they think.

After that, everything was very simple. I took good notes and remembered to answer the professor's questions; with minimal effort, I got the highest score.

Q: Does it mean having more inner strength to face the desire for security? Feng: You could say that.

Q: Is the desire for control and the desire for approval easier to deal with than the desire for security?

Wind: Hmm, because they're on the surface. Whenever you want to safely float to the surface, you release. If there's still a lot of wanting to control and identify with the surface, then you release that desire for control and identification.

Q: If you're releasing all feelings about a goal, why is there still a feeling of love at the end, and what's the difference between that and the feeling of already possessing? Does having no feelings count as releasing all feelings? I often feel like I believe I possess, or rather, it seems like I've released all feelings. But I can't move forward. How should I guide myself? Should I ask myself if I want to feel like I already possess?
Wind: Release is not painful, it's simple and easy. Pure love is your infinite existence itself. Once you feel possessed, you can continue to release. If you're stuck here, feeling trapped, and you feel this trapped feeling and want to change it, then release that desire for change. It's a very simple process.

Q: What will happen if I release the blockage? Love? Or will I feel nothing at all?

Wind: There is no "no feeling . "Complete no feeling is Nirvana. Release all your feelings about the goal. Until the goal is achieved.

Q: If you don't know the date, do you have to do it every day? Or is achieving a goal a feeling, not the day it happens?
Wind: When you completely release yourself from your goal, you will feel that it is already yours. In fact, at this moment, the goal has already been achieved. With complete release, you will feel complete possession, and your mind will no longer revolve around it. You will naturally let go of it.
It will come soon. Because it has already been realized, it's just that the material world is delaying its manifestation.

问：如何释放不可能的感觉呢？
风：不可能的感觉也是一种感觉。一样的流程。最快就是释放三大基本欲望。怎么会什么感觉都没了呢？这个是同样的问题。你不可能没有感觉。除非你已经完全自由了，你是无限存在。"没有感觉"也是一种感觉。模糊不清的感觉。继续释放它就行了。
问：这个最难释放。
风：放轻松。把它当成一种简单的感受来释放。

Q: Can the desire to control this impossible feeling be released? Can it be released in this way? Wind: It can be released in this way when you are stuck.

Q: Are the desires for control and recognition easier to confront than the desire for security? Well, because they are superficial. Why are superficial desires easier to confront?
Wind: Because you only need to allow them to surface. Some you might not even recognize. Wanting control means you want things to happen the way you want them to. Wanting approval means you want others to approve of you.

Edited by Omi on June 22, 2022